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# Hungry Girl

1-2-3

The **Easiest**, Most Delicious,  
**Guilt-Free Recipes**  
on the **Planet**

by  
**Lisa Lillien**



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# Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes on the Planet



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With an increase of than 200 recipes and two-ingredient “ Prepare yourself to munch on: Crazy Pineapple Salmon Teriyaki (347 calories from fat) Mom-Style Creamy Chicken 'n Veggies (307 calories) Queen-of-the-Castle Sliders (254 calorie consumption) Caramel Swirl Cream Puffs (121 calorie consumption) Corndog Millionaire Muffins (160 calories) Chili Cheese Pet Nachos (218 calorie consumption) Turkey & Veggie Meatloaf Minis (142 calories) World Hungrywood Nice & Cap'n Crunchy Chicken (234 calorie consumption) Shrimp & Grits . .ll hardly ever be hungry again!couples” (380 calorie consumption) Cannoli-Stuffed French Toast Nuggets (228 calories) to select from, you' for Hungry Chicks! .



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Best of Show I have purchased all three of Ms. Lillien's have made & are so offensive to some then substitute and make allowances for the calories from fat. I am a 52 year old woman who's deficient in the "I have to have chocolate right now" chromosome so the majority of those chapters went untried. 1-2-3 is the best of the bunch.. The recipes are very basic; if you can examine you can cook. Up to now I have made the College breakfast burrito, So Fancy Seafood Pack (foil section) and Jammed with Cheese Stuffed French Toast all exceptional. This suits you perfectly and every recipe I have tried tastes great. Still an excellent book! This book's recipes are more "whole foods" than some of the others. If artificial sweetener, non unwanted fat cheese, egg beaters etc. The initial two are excellent however focus mostly on sweets. To me the whole point of Ms. Lillien's approach to cooking is merely that; start cooking. Don't rely on take out, fast food or sticking some cardboard package in the microwave. On a lighter be aware, the couple of recipes I have tried have been absolutely brilliant. Normally the cute recipe names and preamble "Rat(atouille) Pack - 'too bad Frank, Dino and Sammy aren't around to try this'" would annoy me, but it is, I really believe, Ms. Lillien's legitimate personality. Moreover I am impressed that a young woman even would know who the hell F,D&S were. I barely even open up my other cookbooks any more. However, if you grab a recipe from right here occasionally, not every time, I think it's great. Five Stars I purchased this for my mother with high cholesterol. I spend nearly all my evenings only since my fiance and I function different shifts and we don't possess kids. I really like these are mostly one portion meals and they truly are quick and easy, and not too terribly costly after you've already gotten basic substances. My biggest concern with that is that the sodium amounts on nearly all these dishes is definitely outrageous. I also like that they include the nutritional - great if you're on any kind of weight loss program." Many of these dishes have processed food items that are already high in sodium (which is definitely what our purchasers with high blood pressure really need to be concerned about). On the drawback, she uses a lot of processed foods, no-calorie sweeteners, and preservatives. Already I've made a few recipes - and I only just got it 3 days ago ! My other concern with this book, or at least the duplicate I received, can be that the page quantities listed in the index don't match up with the actual web page numbers.. It's cooking, not nuclear physics. In one month, she's brought it down substantially... I don't think this is an excellent option for those who are already overweight or are trying to lose weight, particularly if they don't have much education on proper nourishment. This old broad is a fan. Nevertheless, I have to pick & Lillien cook books. I may not make everything in this book due to not especially loving vegetables but there are still 100 or more I'd make and have made. WAY TOO MANY Fake Ingredients I've long subscribed to Hungry Lady emails & choose her dishes because they so often contain "fake ingredients" such as for example splenda, nutrisweet, etc. She reduces the Excess weight Watchers factors in her recipes by frequently substituting in these types of fake ingredients. The food tastes as effective as the photos look I've a slew of cookbooks, yet I understand I'll be turning back to this one again and again. I am not sure how much she will use it. We use a whole lot of substitutions for her substitutions: honey or agave in place of splenda, freshly sliced lean chicken white meat instead of canned chicken, etc. The information & recipes in the free email messages are worth even more because you can print & save just the recipes you would like to make. Filling and Low Cal, but watch out for the Processed Foods! I love so a lot of things about Lisa Lillien's quality recipes. Her books are super helpful and the foodstuffs really do fill you up without departing you in a food coma. I really won't need to "view" my sodium, but I love to because I don't want problems later on. I have relatively regretted purchasing this book.. It's a great book to obtain on the right course, but feel free to deviate from it with healthful options. I was looking for easy, fast and recipes that don't

demand weird . Overall, I will give this book a 4 celebrity review. I would highly recommend this to everyone who don't want to spend hours in your kitchen making a meal. I wanted easy, fast and quality recipes that don't call for weird ingredients I cannot find. Tonight is Chop Chop Beef Stir Fry. I especially just like the breakfast and mug dishes..I purchased this as something special for a friend. Being truly a nurse, I need to stay healthy. Fantastic color photos - and the quality recipes are very easy to follow. Just because it's low-calorie, doesn't invariably make it "healthy. I've never found another author or group of cookbooks that's any better. Yesterday my husband and I both liked the Crazy Pineapple Salmon Teriyaki and this morning we had the cannoli stuffed french toast. Simply awesome. DJTX Great cooking book-simple! Great job ! She also articles all of the points plus values on her behalf website for fat watchers, so that is nice. Great recipes I really like this book and most of her others. Tomorrow we're getting the Holy Moly Cannoli Cones - the youngsters will be sooo amazed. The design in this book is great with the cook occasions and what you'll want up top and what sort of chapters are layed out is nice. enjoyed many of her dishes.! I also like the nutrition facts on each meal item and the cartoonish appearances.Continue the good work. Cookbooks Nice recipes Five Stars Very happy Quick & Easy Recipes quick & easy recipes Five Stars So ready to make recipes out of this book. There's been some criticism of her use of some ingredients.. It isn't bad, but it's not great this cookbook is essentially what I wanted. I feel this particular cook book has recipes aimed toward those with youngsters or grandchildren. This reserve provides healthy meals. I also really like that mostly every ingredient could be substituted or totally left out if you're a picky eater, and leaves room for more creativeness if you would like to add something else to the recipe... I'm not sure if it has since been corrected (I purchased a used duplicate), but it is frustrating when you're looking for something specific and have to move through the complete book to find it... Some of her quality recipes are hit and miss and depend on personal preference. The Holy Moly Canoli Cones were a huge hit for my brother's birthday and I will definitely be making those once again on may occasions. There are therefore many recipes that are good enough for guests, and all are made out of common ingredients - no more searching high and low for crazy elements. 123 hunger girl Simple easy awesome recipes Use it everyday for low calorie inspiration



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