



**Hungry Girl**



**650**  
RECIPES



**TO THE**  
**MAX!**



*The* **ULTIMATE**  
**Guilt-Free**  
*Cookbook*

**Lisa Lillen**  
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Lisa Lillien

## Hungry Girl to the Max!: The Ultimate Guilt-Free Cookbook



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Visit the max with the most massive and complete Hungry Young lady cookbook ever---650 quality recipes from the guru of guilt-free eating! In Hungry Girl to the Max! Think about this your HUNGRY Female BIBLE. , Lisa Lillien has created a book that is a must-have for anybody who craves insanely delicious food without the high-calorie price tag! HG classics like large-and-in-charge egg mugs, oversized oatmeal bowls, crock-pot recipes, comfort foods, foil-pack dishes, and fast-food swaps are all right here. You'll find:

- \*Gooey-Great Fuji Apple Pie (159 calories)
- \*Chili Cheese Egg Mug (195 calories)
- \*Cinna-Raisin Oatmeal (301 calories)
- \*Garlic-Bread White Pizza (289 calories)
- \*Onion Rings Parm (176 calories)
- \*Southwestern Meatloaf (232 calories)
- \*Cheesed-Up Taco Turkey Burgers (219 calories)
- \*Chocolate PB Pretzel Cupcakes (135 calories)

ll also find single-serving quality recipes, dishes with five ingredients or less, meatless meals, and more.

- \*Veggie-Loaded Cashew Chicken (318 calories)
- \*Over the Rainbow Pancakes (267 calories)



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Fun and Versatile I have to sum up this cookbook in one word: fun!!! I love the variety, versatility, and fun approach to low-calorie food preparation offered in this cookbook and would recommend it as an excellent gift for anyone no matter the amount of cooking experience or family size. I eventually just like the color so for me personally it wasn't an issue.) Most of the dishes are for one serving which is very good news for singles who enjoy food preparation, and any recipe could be doubled, tripled, etc. It offers tasty and fulfilling low-calorie dishes that fill us up without the guilt. Hungry Woman To The Max Review I bought this book because of all of the great 5 superstar reviews and I don't know how anybody could provide it such a higher ranking. If food doesn't taste great, we won't bother and that's the point of this cookbook., to meet up the requirements of a family or larger gathering. Most of them depend on artificial sweeteners, fat-free foods, and processed food items such as liquid egg alternative like Egg Beaters, Splenda, fat-free sour cream and salad dressings, bottled sauces, canned fruit and vegetables, etc. 3 stars because it demands some products that are not no problem finding or are very costly Great taste Awesome recipes! Overall I came across the recipes to be healthy alternatives to many restaurant or fast-food options and portion sizes are large enough to be satisfying without encouraging overeating. Four Stars it was good Awesome cookbook This is the best cookbook! Each recipe includes icons to indicate serving size, amount of preparation period, meatless dishes, and the ones that use five substances or less. I really like that each recipe gets the calories per serving.com/books). The recipes for the egg mugs and low carb entrees are very good, but the most the ingredients for deserts and snack foods are filled with sugar and Splenda. I attempted the Mexi-Licious Egg Mug and was amazed at how easy and tasty it had been. Mix the ingredients in a mug, microwave it, stir, and enjoy. So far I have tried 5 dishes and I'll never make any of them again. Various other quality recipes include Chili Cheese Egg Mug (195 calories), Cinna-Raisin Oatmeal (301 calories), More than the Rainbow Pancakes (267 calories), Onion Rings Parm (176 calories), Garlic-Loaf of bread White Pizza (289 calories), Southwestern Meatloaf (232 calories), Cheesed-Up Taco Turkey Burgers (219 calories), Veggie-Loaded Cashew Chicken (318 calories), Gooey-Good Fuji Apple Pie (159 calories), and Chocolate PB Pretzel Cupcakes (135 calories), to name just a few from this generous collection. Either way, if you use the book often you're going to be VERY fed up with Fiber One cereal and Laughing Cow cheese, for instance. There are 16 chapters that include Egg Mugs and Egg Bakes, Oatmeal Bowls, Parfaits, Faux-Frys: Poppers, Onion Rings, Chicken Nuggets and Even more; While not contained in the book itself, Weight Watchers point values for recipes may also be discovered at the website. However, the reserve does include nutritional values for calories, extra fat, carbs, sodium, fiber, and protein. (One caveat: if you detest pink, you will not such as this book because every page is pink. I'm returning my copy. The Same Five Quality recipes and the Same Five Ingredients Repeated 100 times I wanted to such as this book, I really did. I was looking for some very nice "comfort food" diet recipes and I believed the price/recipe ratio was a good deal. I was excited as a Fat Watchers member for a few more variety and suitable recipes. It's basically the same recipes, same ingredients, re-hashed again and again with little to slight variation to create up a bulk of the book.. That is fine, but if you don't look after these substitutions or if you simply don't want them all the time, you're out of good fortune because they are used a majority of the time. She calls for the same brand-name elements excessively. I really like how it is sectioned into chapters like: egg mugs/ bakes, doll packets, faux gets, crock pot, pizza, pasta, comfort and ease food, etc. And actually, to the extent that she calls for these brands and praises them, it Appears like a book of exuberant endorsement offers. Important thing, I WANTED to such as

this reserve but with the majority of it being repetitious, filler dishes, it seriously isn't worth it. Delicious Dishes! There aren't photos about every page or for every recipe but there are two photo sections with dozens of pictures, and photos of all recipes in the cookbook can be seen at the Hungry Girl website (hungry-girl). If you are looking for some great WW friendly quality recipes I've turned into a big fan of the Skinnytaste blog. Hungry Girl's official position is usually that they do not accept compensation for editorial "placement." I received a copy of this book for review from the publisher but the opinion of it really is my very own and had not been solicited, nor was a positive review required. It is unexpectedly flexible because everyone can use it from one college student to newlyweds cooking for just two to larger households. The same substances like 'laughing cow light swiss' are repeated on nearly every page. There are numerous egg mug recipes with variations plus they are easy more than enough that also my teenage son can fix his very own breakfast this way. Easy to follow instructions Basic and easy to check out. This book is certainly going in the garbage it isn't a cookbook! however they can be quickly modified using the complete or fresh food versions for people who aren't counting calories or do not like the low-calorie or processed ingredients. Not Exactly Healthy Recipes. Pasta, Pizza, Mexican, Crock-Pot, Party Foods, Burgers and Fries, Lovely Stuff, and Foil Packs, plus much more. She likes to use substitutions, but she uses them for the majority of the publication such as for example, spaghetti squash for spaghetti, cauliflower for potatoes, pita and tortillas instead of pizza dough. very awful!! The reduced fat high carb approach to eating healthy is usually an underline theme to this cookbook, which I no longer practice because it's not a successful method of weight loss any more. I have to modify most of the ingredients to suit my healthy fats- moderate protein-low carb way of eating. LOOK elsewhere if you're looking for low carb, Keto, Paleo, LOW CARBOHYDRATE diet. I liked the Garmn most effective was a present-day for my husband I actually liked the Garmn most effective was a present-day for my husband. Needs images of foods to master it. Four Stars Nice book. An excellent cookbook! Just first got it yesterday may browse it." Make of that what you would, but I haven't been the only one with suspicions (any layman would be) because of the total amount to which she calls for the same brands. Least was hungry girl diet plan thought it was a cookbook. Mainly I like that the recipes use ingredients easily found in any grocery store and can be quickly altered to personal taste. From the colorful images to the personal style of the writer, this collection of 650 dishes makes menu arranging and cooking a satisfying experience. There is absolutely no icon for freezer-friendly dishes nonetheless it appears that many of these would be ideal for making ahead and freezing for potential meals. Great if you are doing low cal. Making actually for small variation in her recipes. Great value for the money. 650 recipes!!!!



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