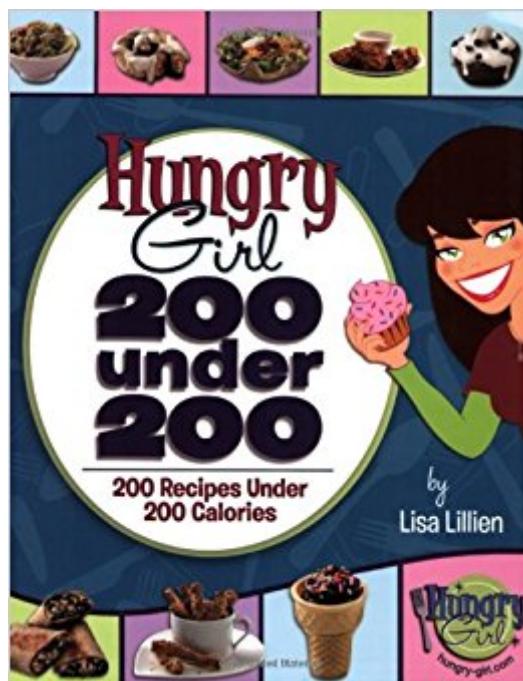


The book was found

Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories



Synopsis

Hungry Girl mania is sweeping the nation! The New York Times bestselling phenomenon delivers even more yum-tastic recipes in an easy-to-use cookbook containing 200 Hungry Girl recipes all under 200 calories. Recipes include: * H-O-T Hot Boneless Buffalo Wings * Sassy Southwestern Roll-Ups * Cheesy-Good Cornbread Muffins * Holy Moly Guacamole * HG's So Low Mein w/Chicken * Cheeseburger Lettuce Cups ;* Chocolate Chip Cookie Crisp Puddin Shake * Swirls Gone Wild Cheesecake Brownies * Personal Pretzel-Bottomed Ice Cream Pie, and many more.Told with Lisa's signature wit and sassy style, these recipes are as fun to read as they are to make!

Book Information

Series: Hungry Girl

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Customer Reviews

I had the first book and, although I don't make many of the recipes, thought it was worth buying book 2. Most of the people who give her books bad reviews complain about the processed foods and lack of nutrition. She never claims that it is a nutrition book, she clearly states that she is just making the best food she can for the fewest calories. If you want to add nutrition, add a side of baby spinach with a splash of apple cider vinegar, like a side salad, with only 10 cals, or something along those lines, and you're fine. Take this book for what it is, an idea book, with a few "recipes". Change the fat free cheese for regular, just use half as much, use light milk instead of soy (it only a few calories difference, anyway) Just figure out what is worth spending the few extra calories on, and modify, for pete's sake. Use common sense if you don't want to use all the "fake" stuff. There are a

few great recipes that my whole family loves. There is a "hot pocket" style sandwich using low carb wraps and of course, laughing cow cheese, and its warmed in a pan with PAM. I've used this style with lean hamburger (my substitution) and pickles; pizza sauce with the turkey pepperoni she recommends; and eggs with spinach, with a sprinkle of real cheese. This may not be the healthiest lunch around, but its a heck of a lot better than fast food, or frozen kids entrees, and just as quick to make, and, even with my "non- fake" substitutions, around 200 calories. I make a lot of the cupcakes as-is from the book, and my kids love those, too. There is a "mousse" with FF cool whip and peanut butter that has enough PB to satisfy my craving for it, with less than half the fat and calories. So, I find this to be like many of the other cookbooks I own.

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