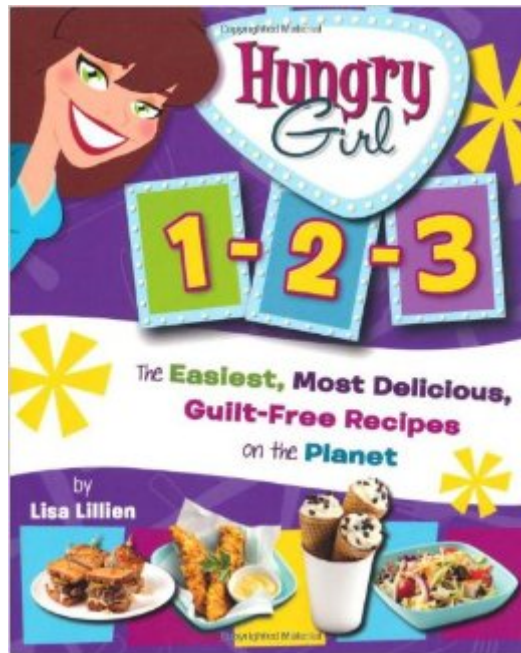


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# Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes On The Planet



## Synopsis

With more than 200 recipes and two-ingredient â œcouplesâ • to choose from, youâ™™ll never be hungry again! Get ready to chew on: Crazy Pineapple Salmon Teriyaki (347 calories) Mom-Style Creamy Chicken â™™n Veggies (307 calories) Queen-of-the-Castle Sliders (254 calories) Caramel Swirl Cream Puffs (121 calories) Corndog Millionaire Muffins (160 calories) Chili Cheese Dog Nachos (218 calories) Turkey & Veggie Meatloaf Minis (142 calories) Planet Hungrywood Sweet & Capâ™™n Crunchy Chicken (234 calories) Shrimp & Grits . . . for Hungry Chicks! (380 calories) Cannoli-Stuffed French Toast Nuggets (228 calories)

## Book Information

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## Customer Reviews

I have purchased all three of Ms. Lillien cook books. The first two are great however focus mostly on sweets. I am a 52 year old woman who is deficient in the "I must have chocolate now" chromosome so most of those chapters went untried. 1-2-3 is the best of the bunch. This book provides healthy meals. The recipes are very basic; if you can read you can cook. So far I have made the College breakfast burritto, So Fancy Fish Pack (foil section) and Jammed with Cheese Stuffed French Toast all excellent. Tonight is Chop Chop Beef Stir Fry. There has been some criticism of her use of some ingredients. This book's recipes are more "whole foods" than some of the others. If artificial sweetener, non fat cheese, egg beaters etc. are so offensive to some then substiute and make allowances for the calories. To me the whole point of Ms. Lillien's approach to cooking is just that; start cooking. Don't rely on take out, fast food or sticking some cardboard box in the microwave. It's

cooking, not nuclear physics. 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 believe, Ms. Lillien's genuine personality. Moreover I am impressed that a young woman would even know who the hell F,D&S were. Keep up the good work. This old broad is a fan.

My wife and I have been changing how we eat since August of 2009. Together since then we have lost over 117 pounds! Hungry Girl has been helping us to eat healthier but not miss any of the taste! LOVE HUNGRY GIRL! We try recipes almost daily. Easy step by step instructions with all the nutrition info we need to manage in weight watchers! You gotta get these cookbooks! ALL of them!

I purchased this book a month ago on and have been anxiously awaiting its debut. Since it came in the mail today I have not been able to put it down. I want to make everything in it! I started marking pages with strips of paper I ripped off the packing slip but quickly ran out of paper. Then I moved on to bending corners... pretty soon I realized there was few pages left unmarked so I gave up! I think I could make any of these recipes for my husband and he wouldn't even realize I made a low fat and healthy version of his favorite food. That is the true test--if a non-dieter can enjoy and even ask for dishes made from a guilt-free recipe book! I have used my 200 under 200 recipe book at least 5 times a week since I got it for Christmas and can't wait to begin trying all these tasty new dishes. We are hooked on Hungry Girl!

I was really looking forward to getting this book but I was amazed by the ingredients in half the recipes. Also the sodium counts! One recipe had a single serving had 1200 mg of sodium! 1200! I can't stand to eat something low fat/low calorie that then bloats me up because of all the salt I just ate. What's the point in that? I really don't like having recipes where I have to use all artificially flavored or artificially sweetened foods. I have tried to see what I could possibly make out of the whole book. The only thing I might even want is the french toast style waffles. This recipe involves taking nutigrain low fat frozen waffles and then adding the typical ingredients for french toast (swapping out egg for egg substitute). That's not too bad but again sodium starts to rack up when you are using 3-5 ingredients of processed foods. I bought three cookbooks after this one that I love. Devin Alexander's "Fast food Fix", "The Most decadent diet" and "I can't believe it's not fattening". Now those I love! The most recent "I can't believe it's not fattening" tries its best to still use some items that are prepackaged products to save time but she focuses on all natural products and tries to keep all her recipes healthy. I have made dozens of items from each of these books but I have

yet to still be able to make anything from the HG 1-2-3 book. I was so disappointed with the recipes, plus even the food in the pictures looks unappealing. I highly recommend you not buy this book and try something else. Even eating lean cuisines will be better for your health. At least there you are only looking at 500-600 mg of sodium per meal. You can get at least three lean cuisines for the price of this book.

When I first went to college, I lived in the dorms and had the luxury of having the dining hall downstairs from me. Nowadays, I live off campus and have to fend for myself. With a packed schedule, little patience, and not the best culinary skills in the world- Hungry Girl has made yummy cooking possible for me! I do get all the complaints about her using low-fat/fat-free/non-healthy foods. The thing to do is just use her cookbooks as a supplement to an already balanced diet. If you are more into the healthy and organic eating, these books probably aren't going to be on your bookshelf. If you are looking for lower calorie, easy versions of your favorite meals- buy this book! I am the type of person who just can't limit her to the smallest sliver of delicious organic cake- I need a big heapin' slice. This is where Hungry Girl helps me the most. I can have my big heapin' slice and not have the guilt of it on my mind. If the recipes turn out to be too bland for you, just take a little bit of initiative and throw in more spices! Her books help me pre-cook meals and pre-prepare dinners/lunches/breakfasts. Without her easy recipes I would be eating cereal and energy bars all the time- so these books give me fun, different options. I do have a tendency to add more fruit/veggies to the recipes to make them more hearty. Another thing I really, really like about her books is that she uses a LOT of vegetarian meats (like BOCA and Morningstar). I'm a vegetarian and this has helped me a lot with creating new recipes and using hers. Even if the recipe is not vegetarian, they are very easily converted (with a mere replacement of turkey bacon with veggie bacon). All in all? I'm a fan! Since I've gotten these cookbooks I'm guaranteed at least one big, home-cooked meal a day. And, of course, a guilt-free delicious dessert! No more Ramen and Spaghetti-Os for me!

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