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# Hungry Girl Clean & Hungry: Easy All-Natural Recipes For Healthy Eating In The Real World



## Synopsis

The instant New York Times and USA Today bestseller *Hungry Girl Clean & Hungry: Healthy Recipes for Clean Eating in the Real World* Complete with full-color photos of EVERY recipe, *Hungry Girl Clean & Hungry* combines the best of *Hungry Girl* with the best of clean eating. The food is still guilt-free, and the portions are still huge...but now Lisa Lillien is highlighting CLEAN ingredients and doing away with artificial and processed foods. This book gives mainstream America delicious, satisfying, and clean recipes, using healthy ingredients found in supermarkets everywhere. The best part? The recipes are so easy, anyone can make 'em! Featuring... 90 vegetarian recipes 108 gluten-free recipes 56 recipes in 30 minutes or less 43 recipes with 5 ingredients or less Recipes like... PB&J Waffles (203 calories) BBQ Meatloaf (196 calories) Hawaiian Shrimp Fried Rice with Pineapple (229 calories) Fudgy Flourless Chocolate Cake (100 calories) Finally... a real-world (and DELICIOUS) approach to clean eating!

## Book Information

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## Customer Reviews

I've been following *Hungry Girl* for a long time but just within the last couple of weeks, I purchased three of her books and this book I just got this week. I hesitated about making *Hungry Girl* recipes for a long time for some of the same reasons that others have rated some of her books poorly. But I got to a point where I just was sick of being overweight and I just don't have a lot of time to spend cooking everyday after work. So this past week I made about five of her recipes. This new book is the best book she ever came out with. Every single recipe comes with a beautiful photo. From this book, I

made the Naked Eggplant Parm, the Clean & Hungry Marinara Sauce, the Shrimp & Avocado Z'paghetti, and the Pumpkin Cranberry Bars. Everything was easy to make and surprisingly delicious. I also want to comment on some of the other reviews that I read. Someone complain that "90% of the recipes are high carb". I don't understand that comment because this book is not being advertised as a low carb book. However most of the recipes are definitely lower in carbs than their high calorie, high carb counterparts. It's also a misconception to think that you have to eat low carb to lose weight. The bottom line is that it's all based on the number of calories that you consumed by the end of the day, and you need to burn off more calories than you consume. That's the bottom line. Finally, all the recipes that I chose at random were low in processed carbs. What a coincidence. The other comment had to do with packaged sweeteners. Stevia is considered to be a natural sweetener, but it's in packets everywhere. And the stevia-based Truvia is what she uses in the recipes. You are welcome to use sugar instead, but it will up the calorie count. I personally don't like the taste of artificial sweeteners but I really want to lose weight, so I got the kind that is half sugar, half stevia. When you are modifying recipes so that they will help people to lose weight, something has got to give. If you take out ALL the fat, then taste suffers. If you take out ALL the carbs, well that's not healthy for your body. You have to find a healthy compromise. And no one is going to agree 100% on what that should be. So she does give suggestions on modifications, and I made some of my own. For instance, in the Pumpkin Cranberry Bars, it calls for peanut butter. But I don't eat nuts, so I subbed sunflower butter instead. See how easy that was?

Lisa Lillian does it again! I have been an avid follower of the Hungry girl since 2008. I have lost 140 lbs. and kept it off for 5 years. Recently, a slow creep started to come back and a reboot of my eating was necessary. Enter this cookbook. These are easy to follow recipes, with clean ingredients. I am so not a cook, so the prep time is a little longer for me. The marinara sauce is amazing. The eggplant, with and without chicken is so filling, and is only 6 Smart Points if you follow WW, and the sweets section, fro-yo pops are to die for, and the yogurt grapes make a 0 point snack. The cake with the black beans is good. I think I need a 2nd time to judge really. So many great recipes, I cant wait to try them all. Now about the complaints about the artificial sweeteners in the recipes. I was diagnosed with epilepsy and form of MS 3 years ago, and forced into clean eating. I run and have eliminated all the things that may bring on seizures or symptoms. I can have pure Stevia, which sells right here. Highly concentrated all natural Stevia powder, not cut with maltodextrin, or anything else, just pure Stevia. I have been using it since my diagnosis, and I have pretty much figured out what two teaspoons (packets) measure out to, or how much sweetness I

need. Dr. accepted, and will work in any of these recipes. You will not find a better, easier cookbook than this one. If you follow WW she has the SmartPoints on her website. Thanks again for helping out the noncooks and weight conscious in us all :).

Nearly half the recipes in this book call for packets of natural no-calorie sweetener. So, for people who don't do that type of packety stuff, that is a huge negative. The book is beautiful, the pics are appetizing looking, and there are lots of savory recipes that I will be trying, without packets.

This is a really great resource. Anyone that has ever lost a significant amount of weight knows most of the tricks, but the set up is really nice. She has a 4-week meal plan along with tips for every day of the week. USEFUL tips. REALISTIC tips. I used this meal plan for 8 weeks, did some exercise, and added my favorite diet supplementÂ Atrafen Thermogenic Fat Burner & Appetite SuppressantÂ and the weight was coming off like crazy!! There is also a great dietary resource section with lists (who doesn't love lists?) of different foods that are the best to eat (most filling, best fruit, best protein, etc.) and a great one for cravings (if you are craving x, eat this). The rest of the book is recipes for all the snack and meal suggestions for the 4 weeks, and a lot look really good. At the back is a guide for further steps after your 4-week plan. Probably one of the best diet plan books I have seen. While it is labeled a diet, there's a ton of real food in here but it really helps with portion sizes and moderation.

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