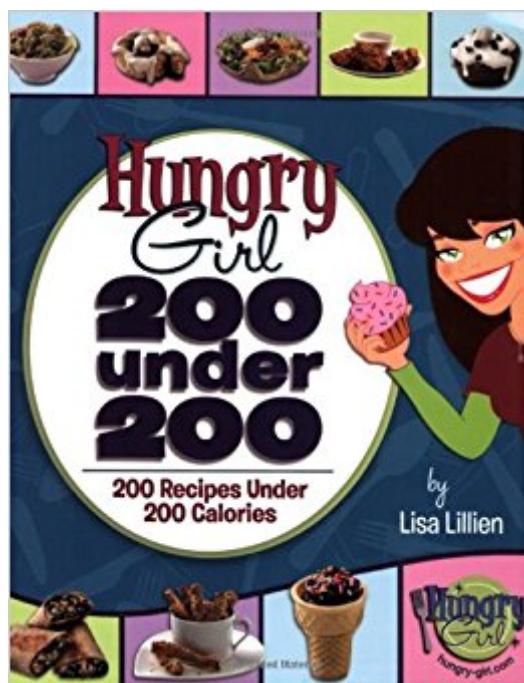


The book was found

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

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Customer Reviews

âœOne of the best and most practical cookbooks out there is Hungry Girl: 200 Under 200.â•âœThe Sun ChronicleâœThese aren't the typical bland and boring diet-food ingredients.â•âœNew York Daily News

She's not a nutritionist, she's just hungry. LISA LILLIEN is the founder of hungry-girl.com. Over half a million loyal fans receive her daily emails containing guilt-free recipes, food and product reviews, dieting news, shockers and more. She lives in Los Angeles, California.

Who is this book good for? People that:1) are SUPER busy all the time2) are on a budget3) want to

eat healthier but either a) don't know how, or b) have been burned in the past and don't want to lose out on good food and nice portions⁴) aren't necessarily awesome cooks, but can hold their own (or at least follow directions)As others have mentioned, every ingredient is something you can find with ease at any grocery store. You don't need to go anywhere fancy or spend much money to reproduce the recipes in here. I'll be honest - I don't use this book anymore (though my sister, who just lost close to 200lbs, has been using it non-stop), but I appreciated it when I was first living on my own and trying to "watch my weight." I admit that the Miracle Mashies (mashed cauliflower) used to be my favorite thing in the book; I think it was one of the first times I saw cauliflower being used in such a unique and delicious way (this was long before they became the cool thing to use in pizza crusts, as steaks, breaded and fried in lieu of buffalo chicken, etc.).

I read a few not so good reviews about this book but decided to buy it anyway since I have made some of her recipes that I found online and liked, plus shes a funny gal.I'm not a health and this is my first book review so please keep that in mind when reading this :)First thing I did was pick out enough breakfast, lunches, dinners, and snacks to last me an entire week. I was just starting a new job so I needed to plan out all of my meals and make some ahead of time so I would less likely to grab fast food. I am super picky eater and dislike a lot of vegetables so this book was perfect for me. I should also mention I am diabetic so that is another reason these recipes work well for me.So far I really really REALLY like what I have tried!I am trying to watch my calories, carbs, and fat intake and I have been able to by sticking with recipes like this. A lot of the recipes just make a serving or 2. I am single without kids at home so single serving recipes work for me. I double or triple the recipe if I want more.Yes, the recipes sometimes call for a lot of ingredients and some of the ingredients can be a little more \$\$ (egg beaters, soy crumbles, etc.) but I just picked out recipes that called for the same ingredients and it went a long way!Here is what I think of a few I have tried:Big fat blueberry muffins-horrible. Sorry.Cheesed-up Pepperoni Pizza Scramble-Good! Made a double batch to heat up the next day and heated up nicely!Never tried Turkey Pepperoni until this recipe called for it and it is really good!Can't even tell the difference, definitely a keeper.Fab-five banana pancake mini's-good! Super quick and easy to make. I tripled the recipe and froze individual servings for later.Cheesy-good breakfast tartlets-fair. Liked them at first but since this recipe makes 4 servings I ate this 4 breakfast 4 days in a row and was tired of them by day 3. Could definitely play around with the ingredients in these and make them very tasty.Mexi-licious smothered taco scramble-LOVE! Instead of salsa I just threw in some diced tomatoes I had hangin' around from some of the other recipes in this book and topped with a bit of sour cream.Cheesy beefy

quesadilla-LOVE! I think this is my favorite one. Quick and delicious. I added diced tomatoes and top with sour cream. Possibly my favorite! Mexican bean and cheese dip- addicting! Hard to stick to just one serving so I eat 2 servings, eat with tortilla chips and call it a meal! This does not taste like anything diet, anyone who has tried it with me asks me to make it again! Definitely a fav. Lean bean'n cheese enchiladas-Yum! I used 2 small corn tortillas since I couldn't find any med-large ones and called it a serving. Not sure how accurate that is but I don't care, I love these and it's a much healthier version than what I would eat if I went out for Mexican! Another keeper. Big bad burger wrap-good! While nothing can take the place of a nice juicy burger this is pretty decent and filling!! I have many more recipes I am dying to try from this book and am definitely going to check into some of her others.

I am really enjoying this book. The recipes are well laid out and categorized. The pages have a good size font making them pretty easy to read. The tone of the book is light and fun; it isn't a stuffy cookbook. If you are familiar with the "Hungry Girl" Lisa Lillien or her cooking show and enjoy her personality it shows through in the book. The recipes I have tried so far have turned out well. I am part of a large family and most recipes seem to only make one or two servings, which can be a hassle. Another downside, for me, is that there is a lot of focus on certain products like Vitatops. I like to bake and would like to have more recipes that weren't relying on things like that. All that aside, over all it is a fun cookbook and there have been some tasty finds in it!

I picked this book because I am a foodie and love love love to eat. The recipes seem easy and quick. You can deviate on the ingredients a lot or a little depending on your preferences. But for the most part I just wanted to have my calories, sugar and sodium, etc... under control while I eat eat eat.... I am trying the recipes one by one and so far so good. The ingredients don't go to waste because I already have most of it anyway. The book also tells you what will need the most of so believe me nothing will spoil if you use this book for the majority of your meals. The book is easy on the eye for someone who is clueless or new to the kitchen, this would be good for a college student too because the ingredients are cheap and healthy and you don't need any special kitchen tools to make most of the meals. ENJOY!

I have gotten so much use out of this book! I especially have about half a dozen recipes that I use over and over again.

I gave the book only 3 out of five because in all of the recipes there was use of other "diet" foods. Those foods contain a lot of chemicals that I don't want to put in my body just for the sake of low calorie content. I was hoping for recipes using fresh produce and actual groceries. If you like those foods and don't have a problem with it I do recommend this series of books. There are definitely some innovative ways to use those products to make recipes that you may already love with out as much fat/sugar. If you are looking for the former I bought a book called Practical Paleo which had exactly what I was looking for.

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