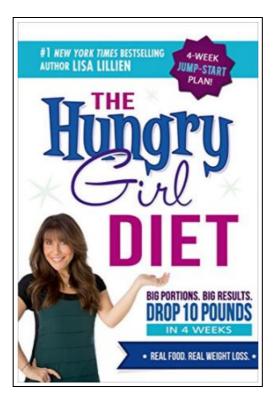
The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds in 4 Weeks (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

THE HUNGRY GIRL DIET: BIG PORTIONS. BIG RESULTS. DROP 10 POUNDS IN 4 WEEKS (PAPERBACK)



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St. Martin s Griffin, 2015. Paperback. Condition: New. Reprint. Language: English . Brand New Book. The #1 New York Times bestselling author of the Hungry Girl cookbooks now delivers the first-ever meal plan based on the concepts that have satisfied millions: The Hungry Girl Diet! Lisa Lillien has taken her famous super-sizing techniques, diet philosophies, and delicious recipes, and she s put them into a foolproof four-week jump-start plan to help you lose weight effortlessly. Approved by a registered dietitian, this program is not only completely satisfying but also entirely effective. The Hungry Girl Diet has. *A detailed four-week program to help you jump start your weight loss the Hungry Girl way *Over 50 easy recipes for delicious super-sized meals and snacks, including HG classics like growing oatmeal bowls, oversized egg mugs, ginormous salads, and foil packs *Magical food ideas that help keep you feeling full all day *Tips tricks for avoiding diet derailment, including Lisa s personal strategies for weight management *Helpful hints how-tos for grocery shopping and dining out *Foods that give you the biggest bang for your calorie buck *Smart swaps for fattening foods you crave *Easy meals that anyone can make *And SO much more! With an emphasis on lean protein, low-fat dairy, fresh fruits n veggies, and GIGANTIC portions, this diet gives you everything you love about Hungry Girl in one nutritious and delicious weight-loss plan!.



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