



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

By Lisa Lillien

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...



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