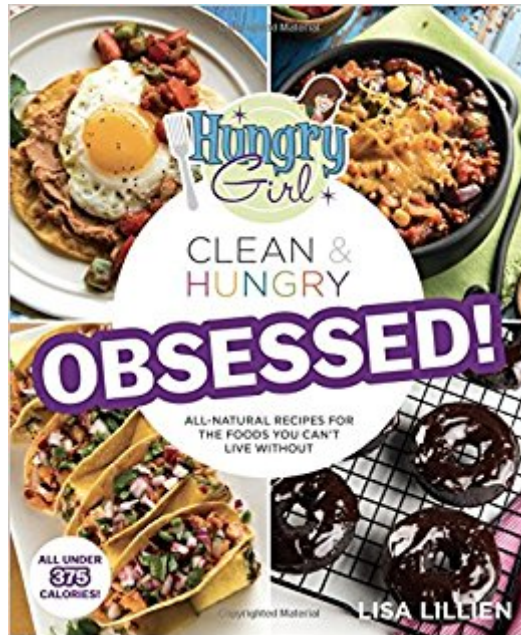




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Hungry Girl Clean & Hungry OBSESSED!



Synopsis

Lisa Lillien has sold millions of books by serving up clever and deliciously easy recipes with low calorie counts, huge portions, and easy-to-find ingredients that are good for you. With eleven New York Times bestsellers under her belt, Lisa is taking things to the next level with Hungry Girl Clean & Hungry OBSESSED! Keeping in line with the current clean-eating food trend (and as a follow-up to her to last smash-hit book, Hungry Girl Clean & Hungry), she's taking on the beloved foods that Americans are OBSESSED with—comfort foods, junk foods, international favorites, desserts, and more! Donuts, lasagna, fried chicken, quesadillas, fudge... No food is off-limits, and all of them have been completely re-created, re-vamped, and CLEANED UP! With the unique and healthy recipes in this cookbook, you can finally enjoy ALL the foods you crave while eating clean and staying lean! You'll find . . . Spaghetti Squash Your Hunger B-fast Bowl (271 calories) Caramelized Onion Cauli-Crust Pizza (316 calories) Peanut Butter Cup French Toast (344 calories) Love Me Tender Pot Roast (272 calories) Philly You Up Cheesesteak Meatloaf (198 calories) Oh, Wow! Chicken & Waffles (353 calories) Mad About Eggplant Manicotti (264 calories) Garlic & Onion Butternut Turnip Fries (196 calories) Grab a Fork Pork Fried Rice (197 calories) Reconstructed Nachos (245 calories) Three Cheers for Cheesecake Brownies (126 calories). . . and so much more!

Book Information

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Customer Reviews

LISA LILLIEN is a New York Times bestselling author and the creator of the Hungry Girl brand. The

founder of hungry-girl.com, she is obsessed with food – how wonderful it is, and how much of it she can eat and still fit into her pants. Millions of fans eagerly await Hungry Girl's recipes and tips & tricks each weekday. Lillien has also starred in a top-rated cooking show on Food Network and Cooking Channel. She lives in Los Angeles, California.

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