



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

By Lisa Lillien

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The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds in 4 Weeks By Lisa Lillien

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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Editorial Review

Review

“Readers seeking to drop pounds in a hurry without deprivation will appreciate Lillien's practical, user-friendly approach and uncomplicated recipes.” *Publishers Weekly*

About the Author

LISA LILLIEN is a *New York Times* bestselling author and the creator of the Hungry Girl brand. The founder of hungry-girl.com, the free daily email service, she is obsessed with food--how wonderful it is, and how much of it she can eat and still fit into her pants. More than 1 million fans eagerly wait for Hungry Girl's recipes and tips & tricks each weekday.

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From reader reviews:

Lois Maestas:

Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite publication and reading a e-book. Beside you can solve your short lived problem; you can add your knowledge by the e-book entitled The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds in 4 Weeks. Try to make book The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds in 4 Weeks as your good friend. It means that it can to become your friend when you sense alone and beside associated with course make you smarter than ever before. Yeah, it is very fortuned in your case. The book makes you more confidence because you can know every little thing by the book. So , let me make new experience and knowledge with this book.

Miguel Willis:

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Mary Lerrick:

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