



Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes on the Planet

Lisa Lillien

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Are you HUNGRY? The number-one *New York Times* bestselling phenomenon is BACK---with even more yum-a-licious guilt-free recipes. This time, the EASIEST ones on the planet!

Hungry Girl's recipes aren't just delicious, they're SUPER-SIMPLE, too. *Hungry Girl 1-2-3* will help you make the world's most delicious guilt-free appetizers, meals, snacks, desserts, etc., with practically no effort whatsoever! There are loads of crock-pot recipes, microwavable meals, HG's famous "foil packs," and more. Some are such a cinch, you won't even have to turn on the oven or stove! Really.

With more than 200 recipes and two-ingredient "couples" to choose from, you'll never be hungry again! Get ready to chew on:

Crazy Pineapple Salmon Teriyaki (347 calories)

Mom-Style Creamy Chicken 'n Veggies (307 calories)

Queen-of-the-Castle Sliders (254 calories)

Caramel Swirl Cream Puffs (121 calories)

Corndog Millionaire Muffins (160 calories)

Chili Cheese Dog Nachos (218 calories)

Turkey & Veggie Meatloaf Minis (142 calories)

Planet Hungrywood Sweet & Cap'n Crunchy Chicken (234 calories)

Shrimp & Grits . . . for Hungry Chicks! (380 calories)

Cannoli-Stuffed French Toast Nuggets (228 calories)

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Date : Published March 30th 2010 by St. Martin's Griffin (first published March 2010)

ISBN : 9780312556181

Author : Lisa Lillien

Format : Paperback 352 pages

Genre : Food and Drink, Cookbooks, Cooking, Nonfiction, Food, Health

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From Reader Review Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes on the Planet for online ebook

Crystal says

this wasn't her greatest book of recipes. but i did find about 12 recipes i'd like to try.. but then i found the bonus section! omg the best ideas ever!! easily found about 10/20 combinations i wouldn't have thought of but i am dying to try!

like the chocolate pudding and some softened peanut butter mixed in. that sounds amazing!

Trish Malta says

I like this cookbook. For those of us who are cooking-challenged, it gives good ideas for real meals. (I even recognized 90% of the ingredients!) I like the helpful cooking hints, and also the ideas for substituting fatty foods with reasonable alternatives. The shopping suggestions are also good. Very helpful!

Kelli Stephenson says

This was actually a great cookbook!! I loved the 4 ingredient section, the tin foil section, and the desert section (the canoli's are super easy!!!) I also liked that you can go to the website to see a picture of each recipe (I need pictures to decide if I want to make it) and get the WW points for each recipe. In the book, they have all of the nutritional information, but I am too lazy to calculate the points on my own!

Katherine Petersdorf says

I checked this book out from the library, and I was glad that I didn't purchase it.

It wasn't the worst cookbook in the world - don't get me wrong. I just wasn't what I was looking for. The recipes themselves were not bad ideas - I like easy meals for one that are semi-homemade. The types were what bothered me. The author name bombed brands so much she had to add a starting disclaimer on the copyright page saying she wasn't paid to drop that many brand names. She claimed it was just because the recipe only worked if you used those brands - yeah....that isn't how the world works brands aren't that important.

Again, her ideas were just fine - as an outline to a recipe, but they didn't really rock my palette. I mean, it was all diet recipes. I didn't think that was what I was getting into. I knew healthy was coming, and some light on the calories - but I was shocked. She used so many store-bought items high in sodium and fake sugars - so yeah, you don't get calories from the fake sugar, but that isn't healthy. I felt so misled - it isn't guilt-free if you feel upset to your tummy from too many chemicals.

The design of the book just wasn't for me either. It was mostly in purple (which happens to be my favorite color) but the type was so light against the white paper that I had a hard time reading it without my glasses.

Sad, I shouldn't have to fight that hard when just doing the opening skim (during the hard read I could understand glasses.)

The pictures were dull, mostly just "cartoons" that looked like clip art. I felt like the listed artist in the credits page just used free images from his own computer. I was disappointed. The pictures didn't line up with recipes, she had to list on pages with a picture of the item where to see the picture. The publisher really failed on hiring a designer for this book.

I don't think I will read it again, and if I read another by Lisa Lillien it would be solely to update her contents, credit's page, and first sentence to shelfari. I wouldn't even read past those pages :(

I wouldn't suggest it to a friend either - I don't like to spread the use of fake.

Angi614c says

I own every single one of her books and they are worth it!! Although on amazon I never paid full price!!! She knows how to cut calories and fat!!! If ur trying to stay away from FF OR RF or processed things THIS IS NOT THE BOOK 4 u GO BUY eating clean or eating raw cuz this is more realistic for today's busy hungry woman!!!

Lisa says

This recipe book has a lot of good ideas/recipes. It reminded me of some things I used to cook and haven't had for awhile. This book would be a good book to have when you are wondering what to have for dinner. It would be smart to look through the book before going shopping, so you could have all the ingredients.

Ky says

More low-cal recipes if you're looking to cook for 1 or 2. I enjoy making Ms. Lillien's recipes, though sometimes it's tricky to find the substitutions she suggests, such as the egg substitute, etc. As a result, it's not something I use every day, and I won't be trying every single recipe if it seems a little TOO altered.

Autumn says

She never fails to impress and make you hungry!

Andrea says

This was cute for a cookbook. I would have liked it better if the color photos were on the same page as the recipes. I don't think I'll be making much from this since a lot of the dishes that I like I've already remade healthy on my own. I do think it is great for people who are trying to eat healthy and want to get more

creative. I'm a fan of hungry girl and I think she is great!

Sue says

HG 1-2-3 is one of the easiest cooking cookbooks around. Simply delicious recipes that are low in calories, high in fiber, and Weight Watcher friendly. This is a great companion to other HG cookbooks and HG newsletter recipes. Add this to your cookbook collection and you won't regret it. It will become one of the most used and well-worn cookbooks in your collection. You are going to love the pizza-fied chicken, stuffed chick cordon bleu (my favorite), bacon ranch broccoli slaw, and greek chicken salad.

Amanda says

I tend to be on the pickier side of life, so there wasn't many recipes in here that I was interested in. There was a nice sized section on crock-pot recipes and a couple of those piqued my interest. A lot of the recipes made 1-2 servings and for this hungry-girl-mother-of-3, that just isn't enough.

Diane K. Peterson says

Great practical ideas for a healthier lifestyle. Be aware that HG is not especially careful about carbs, saturated fat, or sodium. Her focus is making healthier eating accessible.

Maylihn says

As much as I wanted to like this book, I wasn't too impressed. I decided not to try any recipes because most of the ingredients are "low fat", "substitute of eggs". It seemed to me like every recipe in this book is made using processed food. I am adamant on using real food in more reasonable quantities. Making sweets out of substitutes is, in my opinion, just a band-aid solution. Sure, I'll lose the weight but that will be by ingesting artificial products and engineered products. I much prefer slow, healthy and natural food.

Kristi says

Another one of my favorite cookbooks. Love how you can make great tasting low fat and low calorie recipes. As a busy mom love quick and easy like the apricot chicken and strawberry smoothies! I consider this a must have cook book for people who want to eat healthier but without a lot of preparation or time.

Ginny says

I first heard about Hungry Girl in a weight loss workshop through the local hospital. I found this book by accident in the library and it's pretty interesting. Lots of good, lo-cal ideas, and wow, a cookbook that

actually has recipes for one-person meals! I like to "test run" new cookbooks at the library first and this one did not disappoint.
