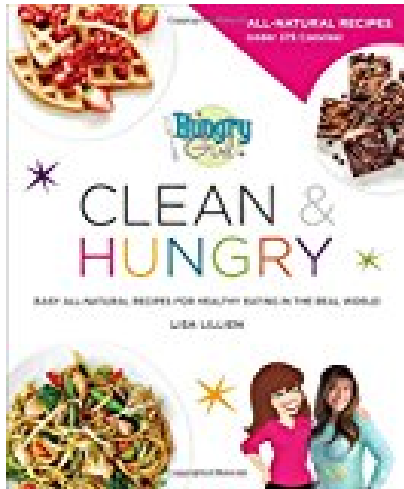


Hungry Girl Clean & Hungry Easy All-Natural Recipes for Healthy Eating in the Real World



BOOK DETAILS

- Author : Lisa Lillien
- Pages : 368 Pages
- Publisher : St. Martins Griffin
- Language : English
- ISBN : 0312676778

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BOOK SYNOPSIS

The instant New York Times and USA Today bestseller Hungry Girl Clean & Hungry: Healthy Recipes for Clean Eating in the Real World Complete with full-color photos of EVERY recipe, Hungry Girl Clean & Hungry combines the best of Hungry Girl with the best of clean eating. The food is still guilt-free, and the portions are still huge...but now Lisa Lillien is highlighting CLEAN ingredients and doing away with artificial and processed foods. This book gives mainstream America delicious, satisfying, and clean recipes, using healthy ingredients found in supermarkets everywhere. The best part? The recipes are so easy, anyone can make em! Featuring... 90 vegetarian recipes 108 gluten-free recipes 56 recipes in 30 minutes or less 43 recipes with 5 ingredients or less Recipes like... PB&J Waffles (203 calories) BBQ Meatloaf (196 calories) Hawaiian Shrimp Fried Rice with Pineapple (229 calories) Fudgy Flourless Chocolate Cake (100 calories) Finally... a real-world (and DELICIOUS) approach to clean eating!

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