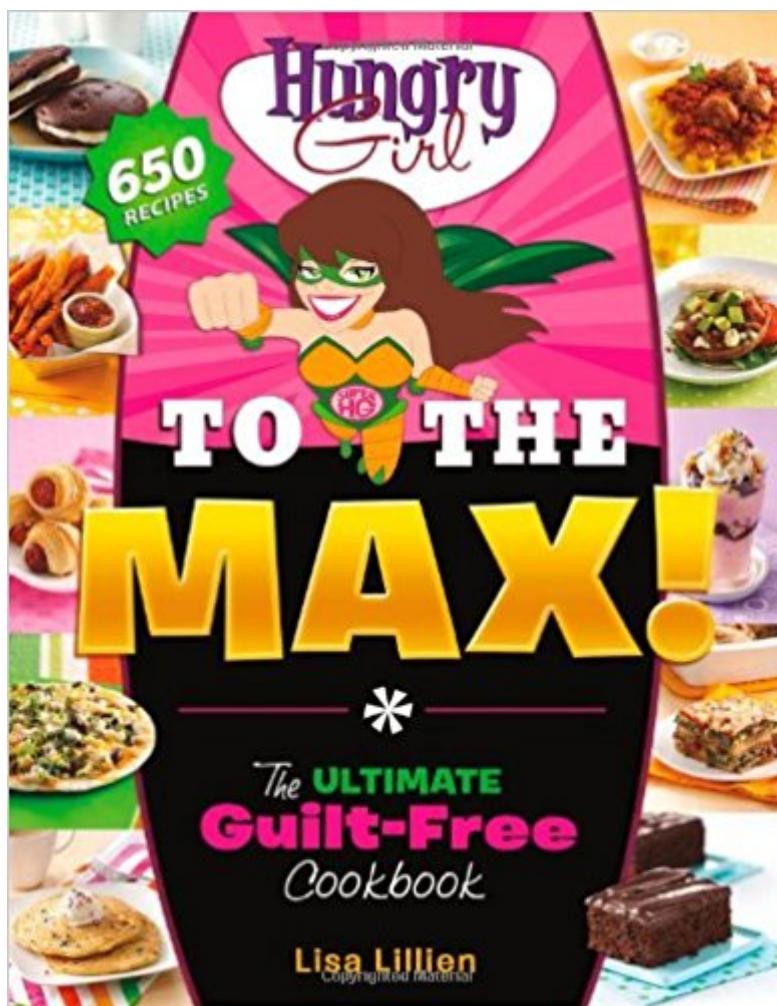


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# Hungry Girl To The Max!: The Ultimate Guilt-Free Cookbook



## Synopsis

Go to the max with the most massive and complete Hungry Girl cookbook ever---650 recipes from the guru of guilt-free eating!Â Consider this your HUNGRY GIRL BIBLE. In Hungry Girl to the Max!, Lisa Lillien has created a book that is a must-have for anyone who craves insanely delicious food without the high-calorie price tag! HG classics like large-and-in-charge egg mugs, oversized oatmeal bowls, crock-pot recipes, comfort foods, foil-pack dishes, and fast-food swaps are all here. Youâ™ll also find single-serving recipes, dishes with five ingredients or less, meatless meals, and more. Including:  
\*Chili Cheese Egg Mug (195 calories)  
\*Cinna-Raisin Oatmeal (301 calories)  
\*Over the Rainbow Pancakes (267 calories)  
\*Onion Rings Parm (176 calories)  
\*Garlic-Bread White Pizza (289 calories)  
\*Southwestern Meatloaf (232 calories)  
\*Cheesed-Up Taco Turkey Burgers (219 calories)  
\*Veggie-Loaded Cashew Chicken (318 calories)  
\*Gooey-Good Fuji Apple Pie (159 calories)  
\*Chocolate PB Pretzel Cupcakes (135 calories)  
Â . . . and SO much more!

## Book Information

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Best Sellers Rank: #40,779 in Books (See Top 100 in Books) #45 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #153 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #301 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

## Customer Reviews

She's not a nutritionist; she's just hungry! Lisa Lillien, aka Hungry Girl, is the author of six New York Times bestselling books and the creator of the Hungry Girl brand. She is the founder of Hungry-Girl.com, the free daily email service that entertains and informs hungry people everywhere. More than 1 million fans eagerly await Hungry Girl's recipes, food finds, and tips & tricks each weekday. Her television show, Hungry Girl, airs on both Food Network and Cooking Channel.

I own all of the Hungry Girl cookbooks, and I was actually happy to see that this "Bible" has come

out, I decided to purchase this book in Kindle format since it is filled with a lot of old favorites from the other books, (and some great new things that I can't wait to try ), making it much easier to take along to the grocery store. I am however a little disappointed on the way the index is set up, It would be nice to have links that would take me to all the recipes that I am looking for, for instance, I want to find recipes for Salmon, well if I look up salmon in the index, well yeah the word is there, but it is not linked to any of the salmon recipes, so I would still have to look in the table of contents to find any recipe with the word salmon in it, this takes up way to much time. I love the Picture section, if there is something that looks good, then just click on the picture and it takes you to the recipe, just wish there were pictures to all the recipes, but yeah that is asking to much, can you imagine 650 pictures! LOL, the book would be HUGE. Anyway I gave this book all 5 stars because it is Hungry Girl and she has Awesome Recipes! But I give the Kindle Format only 4 stars because of the index problem. If you don't have any of Hungry girl books yet, then this would be a GREAT one to start with, but if you already have some of her books, then this would be a Great one to have on the Kindle, no point in repeating it on hard copy. It has everything you need, the best of the best!

Wow! I have made a few of the recipes in here and let me say "yum!" If you stock up your pantry and fridge many of the recipes have mix and match ingredients. For example, bananas, splenda, low fat p-butter, semi-sweet choc chips, low sugar or sugar free strawberry preserves, low fat hot choc, egg beaters, cooked chicken breast, mushrooms, onion, garlic powder, cinnamon, splenda, etc. can be used in multiple recipes, so you are not tunning out to the store each time you try a new one. Pick out a few recipes using many of the same ingredients before going shopping. I stuck with the egg mugs and oatmeal bowls the first time and was able to try many of them without having to go to the store in two weeks! And they were all a delicious alternative! I am addicted to the Mug Foo Young and Banana Split Oatmeal Bowl! Plus, the servings are huge and guilt free! I couldn't believe I was eating for one! This is my first Hungry Girl experience and my only regret is not trying this sooner.

Very nice book plenty of recipes. Most are 1 to 2 servings which is great for me. Most recipe books are several servings which is a waste. This has a lot of simple recipes or pretty easy to make. It is broken down into all different categories example pizza section, mexican etc. It is easy to read and does have a few pages of pictures in the book. It has all the nutritional information on each recipe.

I downloaded the free three chapters sample from [and this book is great. She talks about](#)

substitutions, has a link for pictures and Weight Watchers Points Plus values, and the ingredients are reasonable (as opposed to Weight Watchers cookbooks). I read all of the negative reviews, and looking at the sample dispelled any concerns that they brought up...except...it is true that artificial food items are involved...but I do not care about that...as someone else has already said...I can easily make my own substitutions. Sodium values ARE given, and she gives some tips on achieving a lower sodium count for some recipes. The recipes are mostly for meals...not junk food as some have suggested. Download your free sample if you have a kindle and judge for yourself. Perfect for hungry people like me. She has a tv show on the Cook channel, and offers a free daily email with great recipes.

Lisa Lillien's alter ego is Hungry Girl - a That-Girl-coiffed, A-ber-chipper (bordering on demented) cheerleader-type gal who actually gets you psyched about eating the recipes she's presented in her books. Envision a California-WASP version of Rachael Ray. Hungry Girl is fun - and she brings us some really good, simple recipes that will greatly enhance the likelihood that we'll make something good (or good enough) and nutritious at home rather than running for the border or Mickey D's. The Hungry Girl books are appealing on many levels. They've got cute, retro Hungry-Girl cartoons running throughout as the initial enticement to read them. The writing is funny; Hungry Girl is sort of a retro throw-back who cheers us on, unabashedly tossing about words and phrase such as "schmancy" and "Mexi-licious." The recipe names and descriptions are cute/goofy, such as Skinny Elvis Oatmeal, Big Blue Buffalo Jala' Poppers, Lord of the Onion Rings, to name a few. The recipes all come with eye-candy photos (on the Hungry Girl website, at [...] ), and the dishes are plentiful, varied, and nutritious. The main benefit of HG's recipes is that they're portion- and calorie- controlled (don't misunderstand about the portions, though - although they are controlled, they are quite generous). Detailed nutrition data are presented for each dish, including the calories, fat, sodium, carbs, fiber, sugars, protein, and PointsPlus values. Some of the recipes are vegetarian, and some of the recipes are low-carb - so you really can find something for just about anyone. She even offers healthy versions of popular fast-food fare. The target audience for this series of books seems to be other "hungry girls" who are single or, perhaps, cooking simple meals for themselves and their significant others, but the recipes would be appealing to everyone (e.g. family friendly). You could easily increase the recipes. All of the recipes are quick and easy to prepare with basic, inexpensive kitchen appliances - microwave, stove or even a toaster oven, cheap blender. You don't need specialty gizmos such as spice grinders, stand mixers, blenders that pulverize ice, food processors, or anything of that sort. This would make the books good for dorm-room cooks as well as house or

apartment cooks.I've heard some people complain that the recipes depend on expensive convenience foods, but aside from a handful specialty items (such as Laughing Cow low-fat cheese wedges, shirataki noodles, Fiber One cereal, pre-made dough, and certain sweeteners), I don't really find that to be the case. You can easily make substitutions for the few brand-name items used in some of the recipes.Although the recipes are simple, they are by no means boring, and some are actually pretty sophisticated. They won't impress your organic-vegan-locavore friends, but they also won't require that you make trips to the local Hoity-Toity Market or use items that you can only find online. Nothing calms your ardor for making a dish more than waiting a week for one of the ingredients to arrive.If you're just stumped on what to make for a quick meal, leafing through one of the Hungry Girl books is very likely to inspire you. Even if you're in a terrific hurry, you can find something - she offers some "trios" which, true to the description, are three-item combinations. Imagine a juicy blue-cheese burger for 183 calories and less than 2 grams of carb!Here's a list of the chapter titles in *HG to the Max!* (650 recipes): Egg Mugs and Egg Bakes, Growing Oatmeal Bowls, Parfaits, Pancakes & French Toast, Faux-Frys, Swappuccinos and Shakes, Foil Packs, Crock Pots, Pasta, Pizza, Mexican, Burgers & Fries, Comfortably Yum, Party/Cocktails/Holiday, and Sweet Stuff.Hm. Should you invest in a fun-to-read, inexpensive book with hundreds of recipes that are tasty, easy to make, and health conscious? I was glad I did. You can check out photos and descriptions of *all* of her recipes online, before you buy the books: [...].

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