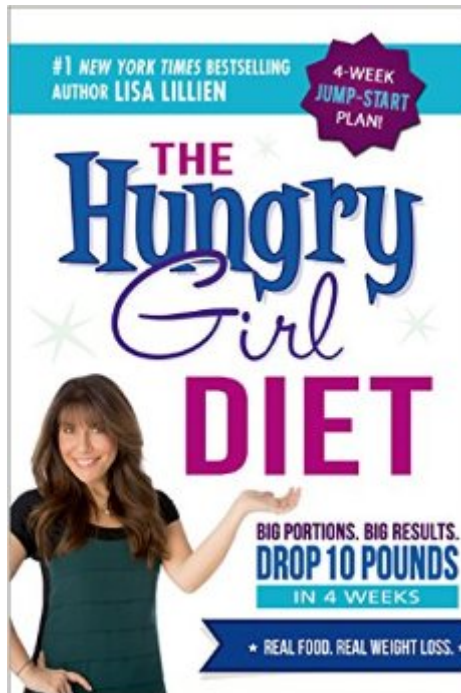


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# The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds In 4 Weeks



## Synopsis

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!

## Book Information

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## Customer Reviews

I've read through the new Hungry Girl Diet book and here's a recap of what I've seen: If you need someone to hold your hand and walk you through step-by-step, this book does exactly that! The book is a 4-week program. There is a separate chapter for each of the 4 weeks, and within each

week there is a separate page for every day of the week (i.e., Week 1 - Day 1, Week 1 - Day 2, Week 1 - Day 3, etc.). Every single day has its own menu plan broken down into Breakfast, Lunch, Dinner, and Snacks. It is very structured, but there is also a lot of flexibility within that structure. For each meal, you can choose from 3 different menu choices (breakfast on Week 1, Day 1, for example, offers your choice of Mega Fruit & Yogurt Bowl, Egg Scramble & Bun, or Growing Oatmeal B-fast). For every menu item, there is a reference to the page number in the book where you can find the recipe for that item. There are over 60 recipes in this book. There are also little reminders throughout about when to drink your water. When the book is opened to a menu plan for a given day, the menu plan is on the right-hand page, and the left-hand page has helpful hints, time-saving shortcuts, money-saving tips, ideas for food swaps, etc. There are chapters, amongst others, on how to maintain your weight loss after you've completed the 4 week program, on how to handle dining out at restaurants, etc., and on helpful hints about exercise (although this book is geared almost exclusively around food, the subject of exercise is touched upon). OK, and now some notes about the Hungry Girl Diet... It can be used on its own, or in conjunction with other weight-loss programs (i.e., Weight Watchers, counting calories, etc.).

Thank you, thank you, thank you for this. I did WW for a long time, and while it worked, I was constantly hungry and average a half pound lost per week. I didn't think that was so bad, being 5 feet tall without a ton to lose, but as the lbs crept back, I decided to try this one. So far, I've followed it to the letter and am on day 9. Hunger: Yeah, I'm sometimes hungry, though that seems to be fading quite a bit here on day 9 (and giant glasses of iced herbal teas help). But I'm very satisfied after meals and can eat 6 times a day. Blood sugar: If you have this problem, you know diets can be so, so hard - and some actually impossible. The balance of protein and fat without too much carb and very little sugar in this diet has left me \*perfectly\* stable. Such a relief. Meals: Before the diet, I didn't eat any processed foods, so it's a little weird to see the Laughing Cow in my fridge. But honestly, nearly everything else I've been eating has been pretty natural. There are a lot of giant piles of veggies dressed up in various ways with protein and fats. I thought I was a big veggie eater, but nothing like this. I have to think that offsets whatever is in my Laughing Cow and premade, light mayo. And honestly, I'm not too worried about 28 days of using those ingredients. This is just an intervention. Structure: I love the short time frame. It really allows you to commit. I simply told people I need these four weeks to not eat out or go for drinks. Instead of the feeling I had on WW (that I was going to be doing this forever, so it had to be 'realistic' and include restaurants and a few drinks), I'm instead extremely motivated to see what I can get done in the remaining days. It's

working a whole lot better.

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