



# The Hungry Girl Diet Cookbook: Healthy Recipes for Mix-n-Match Meals & Snacks

*Lisa Lillien*

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In the *New York Times* bestseller *The Hungry Girl Diet*, Lillien served up the first-ever diet plan utilizing the beloved Hungry Girl philosophy and recipe concepts. Now she's back with a companion cookbook, which features 200 all-new recipes that work with the groundbreaking diet plan! With more than 2 million Hungry Girl books sold, this is the book every Hungry Girl fan needs after reading *The Hungry Girl Diet*!

With an emphasis on lean protein, fresh fruits 'n veggies, big portions, and craving-busting dishes, this book gives you everything you love about Hungry Girl in a weight-loss centric cookbook. Losing weight has never been easier...or more delicious!

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