



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

By 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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Editorial Review

About the Author

Lisa Lillien is not a nutritionist, she's just hungry. She's the founder of Hungry Girl, the daily email service providing approximately one million fans with guilt-free recipes, food and product reviews, dieting news, shockers and more. She also writes weekly columns for WeightWatchers.com and Yahoo!, and regularly contributes to *Redbook* magazine. She has appeared on TV shows like Rachel Ray and Extra, and now has her own show on the Cooking Channel. Her *Hungry Girl* cookbooks are *New York Times* bestsellers. She lives in Los Angeles, California.

Users Review

From reader reviews:

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