



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

Lisa Lillien

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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!

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