



Hungry Girl 1-2-3: The Easiest, Most Delicious, Guilt-Free Recipes on the Planet

Lisa Lillien

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Are you HUNGRY? The number-one *New York Times* bestselling phenomenon is BACK---with even more yum-a-licious guilt-free recipes. This time, the EASIEST ones on the planet!

Hungry Girl's recipes aren't just delicious, they're SUPER-SIMPLE, too. *Hungry Girl 1-2-3* will help you make the world's most delicious guilt-free appetizers, meals, snacks, desserts, etc., with practically no effort whatsoever! There are loads of crock-pot recipes, microwavable meals, HG's famous "foil packs," and more. Some are such a cinch, you won't even have to turn on the oven or stove! Really.

With more than 200 recipes and two-ingredient "couples" to choose from, you'll never be hungry again! Get ready to chew on:

Crazy Pineapple Salmon Teriyaki (347 calories)

Mom-Style Creamy Chicken 'n Veggies (307 calories)

Queen-of-the-Castle Sliders (254 calories)

Caramel Swirl Cream Puffs (121 calories)

Corndog Millionaire Muffins (160 calories)

Chili Cheese Dog Nachos (218 calories)


Turkey & Veggie Meatloaf Minis (142 calories)

Planet Hungrywood Sweet & Cap'n Crunchy Chicken (234 calories)

Shrimp & Grits . . . for Hungry Chicks! (380 calories)

Cannoli-Stuffed French Toast Nuggets (228 calories)

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