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

By Lisa Lillien



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## The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds in 4 Weeks By Lisa Lillien

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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### **Editorial Review**

#### **Review**

“Readers seeking to drop pounds in a hurry without deprivation will appreciate Lillien's practical, user-friendly approach and uncomplicated recipes.” *Publishers Weekly*

#### **About the Author**

LISA LILLIEN is a *New York Times* bestselling author and the creator of the Hungry Girl brand. The founder of **hungry-girl.com**, the free daily email service, she is obsessed with food--how wonderful it is, and how much of it she can eat and still fit into her pants. More than 1 million fans eagerly wait for Hungry Girl's recipes and tips & tricks each weekday.

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