



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

Lisa Lillien

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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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