



Hungry Girl Clean & Hungry **OBSESSED!**

Lisa Lillien

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Lisa Lillien has sold millions of books by serving up clever and deliciously easy recipes with low calorie counts, huge portions, and easy-to-find ingredients that are good for you. With eleven *New York Times* bestsellers under her belt, Lisa is taking things to the next level with *Hungry Girl Clean & Hungry OBSESSED!* Keeping in line with the current clean-eating food trend (and as a follow-up to her to last smash-hit book, *Hungry Girl Clean & Hungry*), she's taking on the beloved foods that Americans are OBSESSED with—comfort foods, junk foods, international favorites, desserts, and more! Donuts, lasagna, fried chicken, quesadillas, fudge... No food is off-limits, and all of them have been completely re-created, re-vamped, and CLEANED UP!

With the unique and healthy recipes in this cookbook, you can finally enjoy ALL the foods you crave while eating clean and staying lean!

You'll find . . .

Spaghetti Squash Your Hunger B-fast Bowl (271 calories)

Caramelized Onion Cauli-Crust Pizza (316 calories)

Peanut Butter Cup French Toast (344 calories)

Love Me Tender Pot Roast (272 calories)

Philly You Up Cheesesteak Meatloaf (198 calories)

Oh, Wow! Chicken & Waffles (353 calories)

Mad About Eggplant Manicotti (264 calories)

Garlic & Onion Butternut Turnip Fries (196 calories)

Grab a Fork Pork Fried Rice (197 calories)

Reconstructed Nachos (245 calories)

Three Cheers for Cheesecake Brownies (126 calories)

. . . and so much more!

Hungry Girl Clean & Hungry OBSESSED! Details

Date : Published September 5th 2017 by St. Martin's Griffin

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Author : Lisa Lillien

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Genre : Nonfiction, Food and Drink, Cookbooks, Food

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From Reader Review Hungry Girl Clean & Hungry OBSESSED! for online ebook

Naomi says

This was a first Hungry Girl cookbook for me and I ended up purchasing it after reviewing it at the library. The foods in this book were comfort foods. I have had a number of these cookbooks that I like, but take home to my husband only to have him turn his nose up at the recipes. That was not the case at all with this book. In fact, my husband selected a number of recipes out of it to try. Now, once I do, my rating may change, but my first impression was that this will be a cookbook used frequently in my home.

Nancy Cathcart says

Some good recipes but lots of repetition. Example: one breading recipe revisited on different items creates different recipes. Some of the recipes just don't taste so great either but it's diet food so I can forgive that a little.

I personally wish she would drop the inane "chew on this" comments. Some of them are clearly forced, and it's probably hard to come up with perky silliness about every recipe so I wonder why she tries. I get the sense that she's trying to kick out pages.

And I am sooooo tired of the word "obsessed". It means an idea or thought that continually preoccupies or intrudes on a person's mind, but it's tossed around as a synonym for the words like or love these days. It's so overused.

While I'm being really cranky, let's also review the concept of "clean" eating. How can processed vanilla almond milk, one of her fave ingredients, be "clean"? Since when is arrowroot flour a "whole food"?

Erin Squires says

Lisa Lillien never disappoints. The recipes are easy to follow and they are yummy. If you love to eat but need to avoid the calories this is the cookbook for you. I am a Weight Watchers for life and this book has helped a lot during my journey.

Katie says

a bit too trendy for these old folks

Carrie Johnson says

Love this book! It gives great alternatives to your favorite recipes. Just one more tool to help us make smarter food choices.

K. Bright says

Kindle edition doesn't work

This edition won't completely download, hasn't for MONTHS, and no one is doing anything to fix it. You get partial pages and "download failed."

Beka says

Not (in my opinion) quite as good as the first clean & hungry book, but still a good source of low calorie recipes that don't use a ton of processed foods.

Laura says

Lillian is like a good, food obsessed friend. Her tone is so warm and familiar, you'd totally want to have coffee or lunch with her. The focus here is comfort food, and the breakfasts alone (chocolate glazed chocolate donuts) are worth checking out.

She says this is clean and healthy, but uses a lot of Truvia. Also, she calls for a lot of reduced fat dairy products. There are natural versions of those, but they can be hard to find. There is still a lot of heavily processed food here.

This is a great book if you're on a diet. It's got full nutritional info, and is weight watchers compatible.
