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# Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories



## Synopsis

It's meal-mania, HG style! This book features three hundred satisfying and delicious recipes for full-on meals. Breakfast, lunch & dinner dishes, plus snazzy starters and sides, that contain less than 300 calories each! In addition to crock-pot recipes, foil packs, and other HG favorites, this book serves up more than seventy five soon-to-be-famous HG trios: three-ingredient combos that take easy to a whole new level! Included are . . . Bean & Cheesy Soft Taco in an Egg Mug PB&J Oatmeal Heaven Creamy Crab Cakes Benedict Classic Cheesesteak Salad Dreamy Butternut Chicken Foil Pack Burger-ific Mushroom Melt Buffalo Chicken Wing Macaroni & Cheese BLT Pizza Big Apple Butternut Squash Soup Loaded Bacon-Wrapped Hot Dogs. . . And more!

## Book Information

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## Customer Reviews

"Healthier takes on the familiar | will give time-starved cooks a litany of choices." Publishers Weekly

Lisa Lillien is not a nutritionist, she's just hungry. She's the founder of [www.hungry-girl.com](http://www.hungry-girl.com), the daily email service providing approximately one million fans with guilt-free recipes, food and product reviews, dieting news, shockers and more. She also writes weekly columns for [WeightWatchers.com](http://WeightWatchers.com) and Yahoo!, and regularly contributes to Redbook magazine. She has appeared on TV shows like Rachael Ray and Extra, and now has her own show on the Cooking

Channel. Her Hungry Girl cookbooks are New York Times bestsellers. She lives in Los Angeles, California.

This book is a great resource for recipe ideas that are about as low-cal as you wish to make them. I see lots of reviews angry about the over-dependence on processed foods in this book - if you have concerns about a particular ingredient, simply use the real one. The general rebuttal that I see to this is "then the calorie counts go up!" however if you utilize a calorie database (such as [calorieking.com](http://calorieking.com)) and do your own math, you may find that the counts do not go up as much as you might expect. For example, instead of 2/3 cup egg substitute (90 calories) you can use one whole egg and two egg whites for 104 calories. Recipes that call for granulated splenda usually use it in small, sparing amounts - using real sugar instead is not going to inflate the calorie counts beyond all reason. Add these simple changes to the fact that MANY of the recipes in the book manage to be under 200 calories, let alone 300, and you'll find there is a lot of wiggle room. Also, ultimately, 300 calories is not very much for a meal. Use better ingredients and bring it in under 500 and you are still doing a fine job at a healthy meal. My favorite thing so far in this book is the cupcake lasagnas (see the picture I added under customer photos). I use low-fat rather than fat-free ricotta, a bit less mozzarella to offset that, and one real egg instead of egg substitute. I am fairly certain that with these changes this meal has no processed ingredients, and a delicious muffin-sized lasagna comes in at only 163 calories. And that's even with the little dollop of neufchatel that I hide in the center of each lasagna! At 163 calories you can eat 3 of these with no guilt and that's a LOT of food. This is just one example of a recipe that I never would have discovered without hungry girl!! I've also made several of the egg mugs and oatmeals in this book. In my egg mugs I use a real egg and then egg whites rather than egg substitute but these wonders still usually come in under 200 calories and are so filling. I had never heard of egg mugs before the book. The desserts are also tasty, although these are one category where you'll need to get creative if you want to avoid processed ingredients. It's a fact of life that desserts tend to be bad for you, and she does a great job lightening them up without sacrificing taste. In conclusion - I'm VERY happy with this book. I don't follow the recipes to the letter when I want to use more natural ingredients, but that's ok. A little imagination and it is a fabulous foundation for great meals.

As others have noted, yes this whopper of a book does include its share of so-called " Frankenfoods " and such but sometimes when your number one goal is to get or keep that weight off, something's gotta give. As the author of another 300 Calorie Cookbook, of course I've checked out Lisa's book.

Mine is a bit different as it goes by the entire meal and strictly limits artificial and processed ingredients. But to be fair, there are lots of new ideas in her book and I think most any weight watcher would not find their money wasted

here.[https://www..com/300-Calorie-Dinners-Ladies-Complete-ebook/dp/B01MTGCPPD/ref=sr\\_1\\_3?s=books&ie=UTF8&qid=1486230031&sr=1-3&keywords=300+calorie+dinners](https://www..com/300-Calorie-Dinners-Ladies-Complete-ebook/dp/B01MTGCPPD/ref=sr_1_3?s=books&ie=UTF8&qid=1486230031&sr=1-3&keywords=300+calorie+dinners)

This is the best recipe book ive ever used. Im eating better now than ever before and cooking way more! Ive always tried to stay on the healthier side so I would eat more bland, tasteless foods which would later create cravings. Now that im using this cookbook, I don't have any cravings because im eating what I want to eat! The recipes are awesome and easy to use. There are some recipes that call for similar ingredients so you're not buying TONS of different things at the grocery store. For example: oats. There are a lot of breakfast recipes that call for oats and it just so easy that I can use them for other recipes as well! After having this book for about 3 weeks now, I ended up purchasing 4 other books by Hungry Girl and cannot wait until they arrive!

I use this book a lot. I have 5 or 6 of the Hungry Girl cookbooks. There are good and bad points to having a paper book. I like thumbing threw the pages and easily going back and forth, but having it on my Kindle allows me to easily search for a word, so if I'm looking for something with green peppers, I can find it fast. The recipes are easy to make and I haven't found any that I don't like. My husband is even satisfied with these recipes. The Hungry Girl series are my go-to cookbooks on a daily basis.

Only 5 stars? That's all I can give? Well, I give it two thumbs up too. This book is a Weight Watcher's dream. I'm a busy mom who owns her own business, volunteers and needs as many nutrition packed recipes as possible but the also have to please a 17 year old who thinks the house has a revolving door and a picky 10 year old. We have loved everything we have tried so far. Creamy Carrot Soup - delicious and even better the next day, Ring My Bella Mushroom Sandwich - so pleasing even to my meat demanding husband. On the menu for this week - Buffalo Mac and Cheese (two friends have already tried and it said we have to have it) and Chicken Enchilada soup. On a personal note, one very stressful morning this past week, what I really wanted for breakfast was a donut (or 6). I had been browsing the cookbook the night before and saw a banana split oatmeal recipe. BANANA SPLIT GROWING OATMEAL - filled me up, made me think I was eating something sinfully decadent and saved me from the eater's remorse of going to the donut

shop. Egg mugs are a standard breakfast in this house because I can carry them into the office with me. This week I want to try the Crazy Good Carrot Cake Pancakes. Hungry Girl has made my struggle with weight loss so much easier - I eat huge huge portions that are good for me. AND she has taken the time to figure all the WW PointsPlus values. I sat down and copied them from her website to my book so now I have that information at my finger tips too. THANK YOU HUNGRY GIRL!!!! Everyone else - BUY This book!!!

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