

[PDF] Hungry Girl Clean & Hungry: Easy All-Natural Recipes For Healthy Eating In The Real World

Lisa Lillien - pdf download free book



Books Details:

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Author: Lisa Lillien

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Description:

The instant *New York Times* and *USA Today* bestseller

Hungry Girl Clean & Hungry: Healthy Recipes for Clean Eating in the Real World

Complete with full-color photos of EVERY recipe, *Hungry Girl Clean & Hungry* combines the best of Hungry Girl with the best of clean eating. The food is still guilt-free, and the portions are still huge...but now Lisa Lillien is highlighting CLEAN ingredients and doing away with artificial and processed foods. This book gives mainstream America delicious, satisfying, and clean recipes, using healthy ingredients found in supermarkets everywhere. The best part? The recipes are so easy, *anyone* can make 'em!

Featuring...

90 vegetarian recipes

108 gluten-free recipes

56 recipes in 30 minutes or less

43 recipes with 5 ingredients or less

Recipes like...

PB&J Waffles (203 calories)

BBQ Meatloaf (196 calories)

Hawaiian Shrimp Fried Rice with Pineapple (229 calories)

Fudgy Flourless Chocolate Cake (100 calories)

Finally... a real-world (and DELICIOUS) approach to clean eating!

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