

The book was found

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



Synopsis

Itâ™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 â™n Cheesy Soft Taco in an Egg Mug PB&J Oatmeal Heaven Creamy Crab Cakes BenedictClassic Cheesesteak SaladDreamy Butternut Chicken Foil PackBurger-ific Mushroom Melt Buffalo Chicken Wing Macaroni & CheeseBLT PizzaBig Apple Butternut Squash SoupLoaded Bacon-Wrapped Hot Dogs. . . And more!

Book Information

Paperback: 560 pages

Publisher: St. Martin's Griffin; 1St Edition edition (March 29, 2011)

Language: English

ISBN-10: 0312676816

ISBN-13: 978-0312676810

Product Dimensions: 7.5 x 1.9 x 9.1 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (709 customer reviews)

Best Sellers Rank: #36,603 in Books (See Top 100 in Books) #56 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #158 inÂ Books > Cookbooks, Food & Wine > Special Diet > Weight Loss #221 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

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) 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!

[Download to continue reading...](#)

Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories Breakfast Meals Made Simple Cookbooks: 100 Sensation Breakfast Recipes - Healthy food (Breakfast, Meals Made Simple, Breakfast cookbooks, Breakfast recipes, Breakfast ... : 100 Sensation Breakfast Recipes) Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Everyday Recipes Box Set (6 in 1): Over 100 Recipes for Breakfast, Lunch, and Dinner to Try Every Day (Every Day Recipes & Dump Dinner) Food Allergies:: Hungry Girl has the Recipes : Book 3 (Hungry Girl Cookbooks) 30 Under 300: healthy, unique recipes under 300 calories (gluten free, sugar free, dairy free, vegan) Spring Roll Recipes: Scrumptious Spring Roll Recipes for Breakfast, Lunch, Dinner and More (The Easy Recipe) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, desserts) Make Ahead Meals: Easy Freezer Recipes to Make Ahead for Cooking Breakfast, Lunch and Dinner Including Crockpot Freezer Meals Cookbook for Busy People Box Set (2 in 1): Over 70 Freezer and Mason Jar Meal Recipes for People On-the-Go - Mouthwatering Breakfast, Lunch, Dinner & Salads (Quick and Easy Recipes Cookbook) Easy Mug Recipes: Convenient and Unique Mug Recipes For Breakfast, Lunch, Dinner and More (The Easy Recipe) Easy Quinoa Recipes 2.0 : Natures Newest Superfood For Breakfast, Lunch And Dinner (The easy recipe Book 1) Easy Jamaican Recipes: Authentic and Easy Jamaican Recipes for Breakfast, Lunch, Dinner and More (The Easy Recipe) Easy Soup Recipes: Warming and Delicious Soup Recipes for Breakfast, Lunch, Dinner and More (The Easy Recipe) Cast Iron Cookbook: Delicious Cast Iron Recipes for Breakfast, Lunch and Dinner The Cast Iron Cookbook: 30 Delicious Breakfast, Lunch and Dinner Recipes You Can Cook in Your Cast Iron Skillet (The Essential Kitchen Series Book 16) Top 200 Mediterranean Diet Recipes Bundle: (Mediterranean Cookbook, Mediterranean Diet, Weight Loss, Healthy Recipes, Mediterranean Slow Cooking, Breakfast, Lunch,

Snacks and Dinner) Diabetes Journal Log Book: Portable 6in x 9in Diabetes, Blood Sugar Log. Daily Readings For 53 weeks. Before & After for Breakfast, Lunch , Dinner, Snacks. Bedtime. With Daily Notes (Fitness) Kristen Suzanne's ULTIMATE Raw Vegan Hemp Recipes: Fast & Easy Raw Food Hemp Recipes for Delicious Soups, Salads, Dressings, Bread, Crackers, Butter, Spreads, Dips, Breakfast, Lunch, Dinner & Desserts Low-Sodium Recipes: Decadent Sodium Free, Breakfast, Lunch, Dinner and More (The Easy Recipe)

[Dmca](#)