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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

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!

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