



Hungry Girl Clean & Hungry: Easy All-Natural Recipes for Healthy Eating in the Real World

Lisa Lillien

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

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. While many clean-eating cookbooks are intimidating, complicated, and restrictive, *Hungry Girl Clean & Hungry* demystifies the clean-eating concept. 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!

Recipes like...

Banana Bread Growing Oatmeal

PB&J Waffles

Tex-Mex Egg Bakes

Zucchini So Low Mein with Chicken

Fork 'n Knife Skillet Pizza

Blackened Shrimp Tacos

Cauliflower Power Fried Rice

Crispy Bruschetta Chicken

Flourless Chocolate Cake

Clean & Hungry Blondies

Peanut Butter Banana Fro Yo Pops

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

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