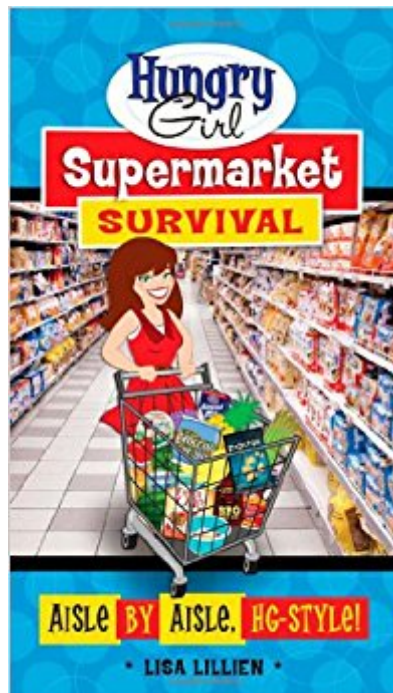




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# Hungry Girl Supermarket Survival: Aisle By Aisle, HG-Style!



## Synopsis

Finally . . . a real-world guide that will help you navigate the supermarket and stock up on guilt-free foods, from mealtime must-haves to snack finds and more! It's Hungry Girl's ultimate resource for grocery-store survival---a must-own manual that makes shopping for better-for-you foods easy and fun! Inside you'll find:\* HG All-Stars and grocery-store standouts! \* Calorie counts and comparisons for foods in every aisle\* Guilt-free meal ideas and snack solutions for every craving and situation!\* Easy-to-digest info about nutrition labels and ingredient lists\* HG's complete supermarket list with aisle-by-aisle food findsHungry Girl's amazingly comprehensive supermarket guide is your key to guilt-free shopping, eating, and living!

## Book Information

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## Customer Reviews

“I don't know about you but sometimes I find the grocery store a bit intimidating—especially when I am trying to eat healthy. Thankfully, Lisa Lillien has created her amazing guide Hungry Girl Supermarket Survival. Lillien does a remarkable job detailing information about different types of products so that all Hungry Girls can make good decisions!”  
—City Book Review

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 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.

If you were looking for the usual grocery pocket guide with endless lists of brand name foods with calorie/carb/protein/fat counts - this is not it. This is a totally different type of guide. HG goes aisle by aisle, food by food and explains in a paragraph or more why she recommends a particular brand or type of food. Let's start with the first section which is all about Dairy products. She explains the difference between reduced fat, low fat and no fat cheeses, milk and yogurts and offers the top HG recommendations for which ones to buy. She also covers pudding desserts and dessert toppings in this section. The grocery aisle sections are as follows: Dairy Cereal Meat and Seafood Meat Substitutes Produce Canned Foods Packaged Snacks Bread Frozen Meals and Meal Starters Ice Cream and Frozen Desserts Sauces, Salad Dressing and Shelf Stable Condiments Beverages Baking Products, Pantry Staples, Spices and more. In the back of the book there are a few more sections that are typical HG recommendations: HG Top Ate Items worth ordering online HG Essentials Complete HG Supermarket List. Thankfully the book has an index so you can easily find any food item you want to read about. If you have followed her newsletters religiously and watched her show - especially the section when she is walking the grocery store, then you have seen it all before. I recommend this book for die hard HG recipe lovers who like all their HG tips and tricks neatly packed into one book.

Unfortunately the phrases "whole grain", reduced fat, 50% less fat (less than what, the size that is twice as large?), low carb (it never had any anyway) and sugar-free are often misunderstood (and misused) in the supermarket aisles. Lisa has made it possible to painlessly navigate the supermarket jungle and eat healthier. By just using this handy pocket guide *À À Hungry Girl Supermarket Survival: Aisle by Aisle, HG-Style!* to make smart choices, you can take your existing recipes and make them better for you. The family won't even notice (if they aren't shopping with you). Another 10 star performance from the Hungry Girl team!!!!!!!

I got into trying Hungry Girl recipes when I started doing weight watchers. First I was attracted to the Hungry girl swaps on her website, then the show and then I discovered her handy grocery store survival guide. Lisa (Hungry Girl) is amazing and this book is just what I needed. Upon receiving it I

read it cover to cover in one day. I then stuck it in my purse to keep as my friendly companion when I was out at the store. It is separated into various sections that are easy to locate. I did however put sticky flags in my book for faster reference. This book lists Lisa's favorite products and why she prefers certain products over others. For those of us who follow her this is like having her with you at all times. I really like this book and plan on using it for years to come.

I love Lisa Lillien's ability to create and copy fattening recipes, and I've found that some of these diet versions are quite good. In *Hungry Girl Supermarket Survival*, she shares the benefit of her vast shopping experience by telling you which brands got it right, and which ones are all hype. It's kind of like going shopping with a know it all friend. If you have ever wondered which low fat cheese has the best melt, or which diet dinner will fill you up, look no further. Some items will frustrate, as they are hard to find outside of California markets, but she does also suggest ways to order some items via internet. This info was worth the price of the book.

This book is the perfect shopping companion for those who want to eat healthier. The author, Lisa Lillien, is not a nutritionist, just, as she states, a "hungry girl." Her website, [hungry-girl.com](http://hungry-girl.com), has been sharing guilt-free and healthy recipes, food finds, and more. Now she's put together a book to make grocery-shopping easier. It's small enough to fit in a purse and organized by store aisles. The pages are color-coded as well to make it easy to find a section when you're on the run. Each section suggests the best products to buy with basic nutritional information as well as "all-stars" - the most versatile products, and "standouts" - HG choices for a product's best brands. In addition, there are literally hundreds of cooking tips, and menu and serving suggestions. I like the extra info she provides to explain some of the product lingo and what to watch out for when buying similar products. As a bonus, the book has a list of best products to buy online, a complete supermarket list that can be copied, and lists of essential ingredients for food favorite as coffee drinks and pizza. You'll not only want to read this book cover-to-cover to glean all the fantastic info HG has compiled, but also use it as a reference when you prepare your grocery list or even as a go-to guide while you shop.

I found this book very enlightening and will be using it often as a reference. I would suggest this book to anyone who is serious on changing there eating habits and wanting to know what is out there. The book saves a ton of time standing in the grocery store trying to read all the labels to find which is the best choice. This book was done very well and a lot of thought and energy went into its

making and it shows.

The book gives a simplified shopping guide to buying healthy foods without all the fuss. This is a great start for those who are looking for healthier alternatives for cooking without all the stress and technical garb that go way beyond what we really want to know. The book is not adapted to every supermarket so please consider this because your local supermarket or geographical area may not contain the same items as mentioned in this book, so you may have to do some additional research for your area.

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