



Hungry Girl: Recipes and Survival Strategies for Guilt-Free Eating in the Real World

By Lillien, Lisa

Griffin, New York, New York, U.S.A., 2008. Soft Cover. Book Condition: New. 7 1/2 x 9. New with minimal shelfwear. Provides more than one-hundred-sixty simple and easy recipes suitable for the whole day. Includes nutritional information, number of servings, usually 1-3, and Weight Watcher's points.



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