



Hungry Girl Supermarket Survival: Aisle by Aisle, HG-Style!

Lisa Lillien

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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 finds

Hungry Girl's amazingly comprehensive supermarket guide is your key to guilt-free shopping, eating, and living!

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From reader reviews:

James Brown:

As people who live in the actual modest era should be update about what going on or information even knowledge to make them keep up with the era that is certainly always change and advance. Some of you maybe may update themselves by studying books. It is a good choice for you but the problems coming to a person is you don't know what kind you should start with. This Hungry Girl Supermarket Survival: Aisle by Aisle, HG-Style! is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and wish in this era.

Tony Paulson:

A lot of people always spent their own free time to vacation or perhaps go to the outside with them family members or their friend. Are you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you simply read you can spent the entire day to reading a e-book. The book Hungry Girl Supermarket Survival: Aisle by Aisle, HG-Style! it doesn't matter what good to read. There are a lot of people who recommended this book. We were holding enjoying reading this book. When you did not have enough space to bring this book you can buy often the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not too expensive but this book features high quality.

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