

Hungry Girl Supermarket Survival Aisle by Aisle HG-Style!



BOOK DETAILS

- Author : Lisa Lillien
- Pages : 256 Pages
- Publisher : St. Martins Griffin
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BOOK 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! Its Hungry Girls 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 * HGs complete supermarket list with aisle-by-aisle food finds Hungry Girls amazingly comprehensive supermarket guide is your key to guilt-free shopping, eating, and living!

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