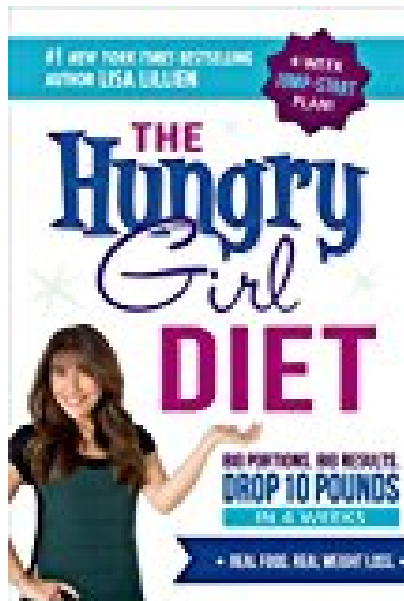


The Hungry Girl Diet Big Portions. Big Results. Drop 10 Pounds in 4 Weeks



BOOK DETAILS

- Author : Lisa Lillien
- Pages : 304 Pages
- Publisher : St. Martins Griffin
- Language : English
- ISBN : 1250061024

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BOOK SYNOPSIS

A diet based on the Hungry Girl philosophy shares the authors signature "super-sizing" techniques combined with guilt-free recipes in a four-week plan that includes tips for staying on target, dining out and making strategic choices at the grocery store.

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