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

Lisa Lillien

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Lisa Lillien : Hungry Girl Supermarket Survival: Aisle by Aisle, HG-Style! before purchasing it in order to gage whether or not it would be worth my time, and all praised Hungry Girl Supermarket Survival: Aisle by Aisle, HG-

Style!:

94 of 95 people found the following review helpful. HG takes a new approach to pocket grocery guidesBy TVDIVAIf 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:DairyCerealMeat and SeafoodMeat SubstitutesProduceCanned FoodsPackaged SnacksBreadFrozen Meals and Meal StartersIce Cream and Frozen DessertsSauces, Salad Dressing and Shelf Stable CondimentsBeveragesBaking Products, Pantry Staples, Spices and moreIn the back of the book there are a few more sections that are typical HG recommendations:HG Top Ate Items worth ordering onlineHG EssentialsComplete HG Supermarket ListThankfully 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.49 of 49 people found the following review helpful. Shopping Healthier for DummiesBy CustomerUnfortunately 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 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!!!!!!!3 of 3 people found the following review helpful. Lisa, My Personal Shopping CompanionBy Alice CeballosI 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 his 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.

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!

I don't know about you but sometimes I find the grocery store a bit intimidatingespecially 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 About the AuthorLisa Lillien is not a nutritionist, she's just hungry. She's the founder of 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.Excerpt. Reprinted by permission. All rights reserved.Hungry Girl Supermarket Survival