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In The Real World Lisa Lillien***

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From breakfast ideas and chopped salads to guilt-free junk food and cocktails, Hungry Girl: Recipes and Survival Strategies for Guilt-Free Eating in the Real World, recipes taste great but are low in fat and calories. We met Lisa Lillien when she v

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Lisa 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.

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