



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

By Lisa Lillien, Lillien

St. Martin s Griffin, United States, 2011. Paperback. Book Condition: New. Original. 201 x 112 mm. Language: English . Brand New Book. 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!.



DOWNLOAD PDF



READ ONLINE
[6.13 MB]

Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**