



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

*Lisa Lillien*

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## **Hungry Girl Supermarket Survival: Aisle by Aisle, HG-Style!** Lisa Lillien

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 finds

Hungry Girl's amazingly comprehensive supermarket guide is your key to guilt-free shopping, eating, and living!

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