

Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories

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It's meal-mania, HG style! This book features three hundred satisfying and delicious recipes for full-on meals. Breakfast, lunch & dinner dishes, plus snazzy starters and sides, that contain less than 300 calories each! In addition to crock-pot recipes, foil packs, and other HG favorites, this book serves up more than seventy five soon-to-be-famous HG trios: three-ingredient combos that take easy to a whole new level! Included are . . .

Bean 'n Cheesy Soft Taco in an Egg Mug

PB&J Oatmeal Heaven

Creamy Crab Cakes Benedict

Classic Cheesesteak Salad

Dreamy Butternut Chicken Foil Pack

Burger-ific Mushroom Melt

Buffalo Chicken Wing Macaroni & Cheese

BLT Pizza

Big Apple Butternut Squash Soup

Loaded Bacon-Wrapped Hot Dogs

. . . And more!

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. 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.

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BREAKFASTBored chewin' the same old, same old in the AM? This section will perk you right up ...**CHAPTER 1:EGG MUG**Egg Mugs are now famous ... and with good reason. You get a protein-packed, low-calorie HOT breakfast--and you don't even need to mess up the kitchen or clean any pots or pans. **SCORE!PIZZA! PIZZA!** **EGG MUG**Now, thanks to this recipe, you can embrace those crazy morning pizza cravings ...**YOU'LL NEED:**small bowl, large microwave-safe mug, nonstick spray

PREP:5 minutes

COOK:5 minutes**PER SERVING** (entire recipe): 134 calories, 3.25g fat, 746mg sodium, 5g

carbs, 0.5g fiber, 3g sugars, 17.5g protein

Ingredients 2 tablespoons canned crushed tomatoes 1/2 teaspoon Italian seasoning 1/4 cup fat-free liquid egg substitute 1 wedge The Laughing Cow Light Creamy Swiss cheese 6 slices turkey pepperoni, chopped 1/2 teaspoon reduced-fat Parmesan-style grated topping
Directions In a small bowl, combine crushed tomatoes with Italian seasoning. Mix well and set aside.

Spray a large microwave-safe mug with nonstick spray. Add egg substitute and cheese wedge, breaking the cheese wedge into pieces as you add it. Microwave for 1 minute. Gently stir. Microwave for another 30 seconds.

Add seasoned tomatoes and pepperoni to the mug. Mix well. Microwave for 30 seconds, or until scramble is just set.

Lightly stir. Sprinkle with grated topping. Allow to cool slightly, and then ENJOY!

MAKES 1 SERVING **BTA (BACON, TOMATO, AVOCADO) EGG MUG** This protein-packed mug o' hot breakfastness is AMAZING! **YOU'LL NEED:** large microwave-safe mug, nonstick spray
PREP: 5 minutes

COOK: 5 minutes **PER SERVING (entire recipe):** 175 calories, 7.25g fat, 813mg sodium, 8.5g carbs, 3g fiber, 3.5g sugars, 19.5g protein

Ingredients 1/4 cup fat-free liquid egg substitute 2 tablespoons precooked real crumbled bacon 1/2 cup chopped tomatoes, patted to remove excess moisture 1 ounce diced avocado (about 1/4 of an avocado) 2 tablespoons salsa **Optional:** salt and black pepper

Directions Spray a large microwave-safe mug with nonstick spray. Add egg substitute and microwave for 1 minute.

Gently stir. Add bacon and tomatoes. Microwave for 1 minute, or until scramble is just set. If you like, season to taste with salt and pepper. Top with avocado and salsa. Now dig in!

MAKES 1 SERVING For more recipes, plus food finds, tips 'n tricks, and MORE, sign up for FREE daily emails at hungry-girl.com! **BUFFALO CHICKEN EGG MUG** If you love chicken wings, you'll FREAK over this creative bar-food-inspired breakfast. **YOU'LL NEED:** large microwave-safe mug, nonstick spray

PREP: 5 minutes

COOK: 5 minutes **PER SERVING (entire recipe):** 180 calories, 2.25g fat, 801mg sodium, 6g carbs, 0g fiber, 2g sugars, 33g protein

Ingredients 1/4 cup fat-free liquid egg substitute 1 teaspoon dried minced onion 2 ounces cooked and chopped skinless lean chicken breast 1/2 tablespoon Frank's RedHot Original Cayenne Pepper Sauce 1 teaspoon light blue cheese dressing 1/2 teaspoon reduced-fat Parmesan-style grated topping
Directions Spray a large microwave-safe mug with nonstick spray. Add egg substitute and onion and microwave for 1 1/2 minutes.

Gently stir in chicken. Microwave for 1 minute, or until scramble is just set.

Allow to cool slightly. Top with hot sauce, blue cheese dressing, and Parm-style topping. Grab a spoon and eat up!

MAKES 1 SERVING **HG Alternative!** Don't like blue cheese dressing? Swap it out for light ranch. **CALIFORNIA LOVE MUG** This morning mug is unique and fabulous. Much like yourself ... only, um, you're not creamy and infused with avocado. **YOU'LL NEED:** large microwave-safe mug, nonstick spray

PREP: 5 minutes

COOK: 5 minutes **PER SERVING (entire recipe):** 140 calories, 4.5g fat, 456mg sodium, 7g carbs, 2g fiber, 3g sugars, 16g protein

Ingredients ½ cup chopped spinach ½ cup sliced mushrooms ½ cup fat-free liquid egg substitute 2 tablespoons diced tomatoes 1 wedge The Laughing Cow Light Creamy Swiss cheese 2 tablespoons diced avocado
Directions Spray a large microwave-safe mug with nonstick spray. Add spinach and mushrooms. Microwave for 1 to 2 minutes, until veggies have softened.

Blot any excess moisture from the veggies. Add egg substitute, tomatoes, and cheese wedge, breaking the cheese wedge into pieces as you add it. Mix well, and then microwave for 1 minute.

Gently stir, and then microwave for 1 more minute, or until scramble is just set.

Lightly stir and allow to cool slightly. Top with avocado and enjoy!

MAKES 1 SERVING Are you an egg-mug newbie? Click here for a fun little intro! CRUNCHY BEEFY TACO EGG MUG Is it CRAZY to try to stuff a taco into an egg mug? Uhhh ... NO WAY. It's BRILLIANT! YOU'LL NEED: large microwave-safe mug, nonstick spray

PREP: 5 minutes

COOK: 5 minutes PER SERVING (entire recipe): 168 calories, 0.75g fat, 749mg sodium, 12.5g carbs, 1.75g fiber, 3g sugars, 26.5g protein

Ingredients ½ cup frozen ground-beef-style soy crumbles ½ teaspoon taco seasoning mix ½ cup fat-free liquid egg substitute 1 tablespoon fat-free shredded cheddar cheese 4 low-fat baked tortilla chips, roughly crushed 1 tablespoon salsa 1 tablespoon fat-free sour cream
Directions Spray a large microwave-safe mug with nonstick spray. Add frozen crumbles and microwave for 45 seconds, or until thawed.

Add taco seasoning and mix well. Add egg substitute, stir, and microwave for 1½ minutes. Gently stir and then sprinkle with cheese. Microwave for 1 minute, or until scramble is just set. Top with tortilla chips, salsa, and sour cream!

MAKES 1 SERVING IT'S ALL GREEK TO ME EGG MUG Never been to Greece? Don't know how to pronounce spanakopita? Worry not--you'll STILL love this feta-infused egg mug! YOU'LL NEED: large microwave-safe mug, nonstick spray

PREP: 5 minutes

COOK: 5 minutes PER SERVING (entire recipe): 117 calories, 2g fat, 459mg sodium, 8g carbs, 1g fiber, 3g sugars, 16g protein

Ingredients ½ cup chopped spinach ½ cup chopped red onion ½ cup fat-free liquid egg substitute 2 tablespoons diced tomatoes 2 tablespoons crumbled reduced-fat feta cheese ½ tablespoon chopped fresh basil
Directions Spray a large microwave-safe mug with nonstick spray. Add spinach and onion, and microwave for 1 to 2 minutes, until softened.

Blot any excess liquid from veggies. Add egg substitute and mix well. Microwave for 1 minute.

Stir gently. Add all other ingredients and lightly stir. Microwave for 1 minute, or until scramble is just set.

Gently stir, and then allow to cool slightly. Dig in!

MAKES 1 SERVING CHICKEN FAJITA SCRAMBLE MUG Peppers? CHECK! Onions? CHECK! Chicken? YUP! All your favorite fajita flavors in one lil' eggy mug. YOU'LL NEED: large microwave-safe mug, nonstick spray

PREP: 5 minutes

COOK: 5 minutes PER SERVING (entire recipe): 163 calories, 0.75g fat, 583mg sodium, 12g carbs, 1.25g fiber, 5.5g sugars, 26g protein

Ingredients ½ cup chopped red bell pepper ½ cup chopped onion 1 ounce cooked and

chopped skinless lean chicken breast 1 teaspoon fajita seasoning mix ½ cup fat-free liquid egg substitute 2 tablespoons shredded fat-free cheddar cheese 1 tablespoon fat-free sour cream Directions Spray a large microwave-safe mug with nonstick spray. Add veggies, chicken...

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