

EVERYDAY INGREDIENTS | QUICK & EASY MEALS

# Hungry Girl

75+  
HEALTHY  
RECIPES

GO-TO CHICKEN  
DINNERS!

EASY  
*ITALIAN*  
MEALS!

FOOD  
SHOPPING  
TIPS &  
TRICKS

5-MINUTE  
BREAKFASTS



Lisa Lillien  
aka  
Hungry  
Girl!



Hungry-Girl.com

DISPLAY UNTIL 4/30/21

\$9.99US \$12.99CAN



6

**RECIPE ALERT!**  
Movie-Night  
Crunchcake  
(page 70)



**WILEY WALLABY  
SOFT & CHEWY  
GOURMET  
LICORICE**

**3 PIECES (29G):  
80-90 CALORIES,  
0-0.5G TOTAL FAT**

I didn't know licorice brands varied so much until I tried this standout! The texture is tender, and the fruity flavor is fantastic. **Bonus: No high-fructose corn syrup.** I love the Classic Red most, but there are other amazing flavors like Watermelon and Green Apple. In select stores and online.



**BARUKAS**

**¼ CUP (30G):  
140 CALORIES,  
10G TOTAL FAT**

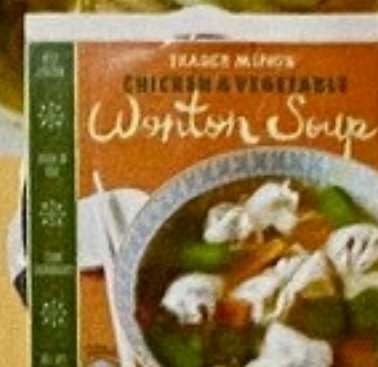
These superfood nuts from Brazil are SO unique. They taste like a cross between peanuts and almonds! **Of all the nuts, these have the fewest calories, the most fiber, and three times the antioxidants.** And as far as snacking goes, I find myself much less likely to overdo it on these compared to other nuts. They're available at [barukas.com](http://barukas.com) and on Amazon.



**THE NEGG  
DEVILED EGG  
SEASONING  
MIXES**

**2 TBSP.:  
20-25 CALORIES,  
0.5-1G TOTAL FAT**

I never knew I needed deviled egg seasonings in my life until NOW. Mix with a few cooked yolks and light mayo or cream cheese, and you'll have a creamy filling for hard-boiled egg whites. **These are great in DIY dips as well!** There are four flavors: Smoky Ham, Cajun, Classic, and Curry. Order at [neggmaker.com](http://neggmaker.com).



**TRADER MING'S CHICKEN & VEGETABLE  
WONTON SOUP**

**1 BOWL: 220 CALORIES, 3.5G TOTAL FAT**

I keep my freezer stocked with healthy meals and meal starters, and this Asian-inspired soup is a constant. The chicken-stuffed wontons are restaurant quality, and the savory broth is good to the last drop. **Add a side of cauliflower fried rice, and you've got yourself a meal!** Exclusively at Trader Joe's.

**BOHANA POPPED  
WATER LILY SEEDS**

**ABOUT 60 PIECES (1 OZ.):  
110-120 CALORIES,  
3-4G TOTAL FAT**

This is volume snacking at its finest! I immediately fell for these light & airy puffs. **My favorite flavor is the Wild White Cheddar,** but there's also Himalayan Pink Salt and Soulful Sriracha Spice. They come in 2-serving packs, and even if you eat the whole bag, you won't be going calorie crazy! Find them online and in select stores.



**DAVE'S KILLER  
BREAD THIN-SLICED  
ORGANIC BREAD IN  
GOOD SEED**

**1 SLICE: 70 CALORIES,  
1.5G TOTAL FAT**

When I'm craving real hearty bread, I reach for these skinny slices. This seed-packed variety is extra filling, thanks to 3 grams each of protein and fiber per slice. **It's amazing for French toast, traditional toast, open-faced sandwiches... super satisfying!** Available in supermarkets nationwide.

