



Hungry Girl: The Official Survival Guides: Tips & Treats for Guilt-Free Eating

Lisa Lillien

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Based on one of the most wildly popular, fastest-growing free daily e-mail subscription services, this Hungry Girl original audiobook is filled with survival strategies for anyone who wants to make guilt-free eating choices, anywhere, anytime.

Learn how to "chew the right thing" from any and every restaurant menu, on airplanes, and even from the hotel mini bar. Get the 411 on guilt-free cocktails and hors d'oeuvres, successful snacking at the office, and how to survive salad bars and brunch buffets.

Hungry Girl: The Official Survival Guide is brimming with tips and tricks for making smarter food choices no matter where you are. Told with Hungry Girl's inimitable wit and sassy style, *Hungry Girl: The Official Survival Guide* will help you tackle any and every food challenge. No problem.

Track List:

1. Welcome and Introduction

Dining Out

2. General Tips and American Cuisine
3. Sushi
4. Chinese Food
5. Italian Food
6. Mexican Food
7. Fast Food
8. Buffets
9. Wrap Up

Travel

10. General tips
11. Airplanes and Airports
12. Hotels and Mini Bars
13. Cruises
14. Road Trips
15. Wrap Up

Holidays, Events, and Parties

16. General Tips
17. Cocktail Parties and Upscale Events
18. Casual Parties
19. Holiday Meals
20. Candy-Centric Holidays

21. BBQs and Cookouts

22. Wrap Up

Out and About

23. General Tips

24. At the Office

25. Movie Theaters

26. Coffee Shops

27. Mall Food and the Food Court

28. The Beach

29. Sporting Events and Concerts

30. Theme Parks, Carnivals, and the County Fair

31. Ice Cream Shops

32. The Bar Scene, Girls' Night Out, and every other Event Involving Alcohol

33. Out and About - Wrap Up

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Carlos McNerney:

The book untitled Hungry Girl: The Official Survival Guides: Tips & Treats for Guilt-Free Eating contain a lot of information on it. The writer explains the girl idea with easy technique. The language is very straightforward all the people, so do not worry, you can easy to read that. The book was compiled by famous author. The author will bring you in the new era of literary works. It is possible to read this book because you can read on your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site and order it. Have a nice go through.

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