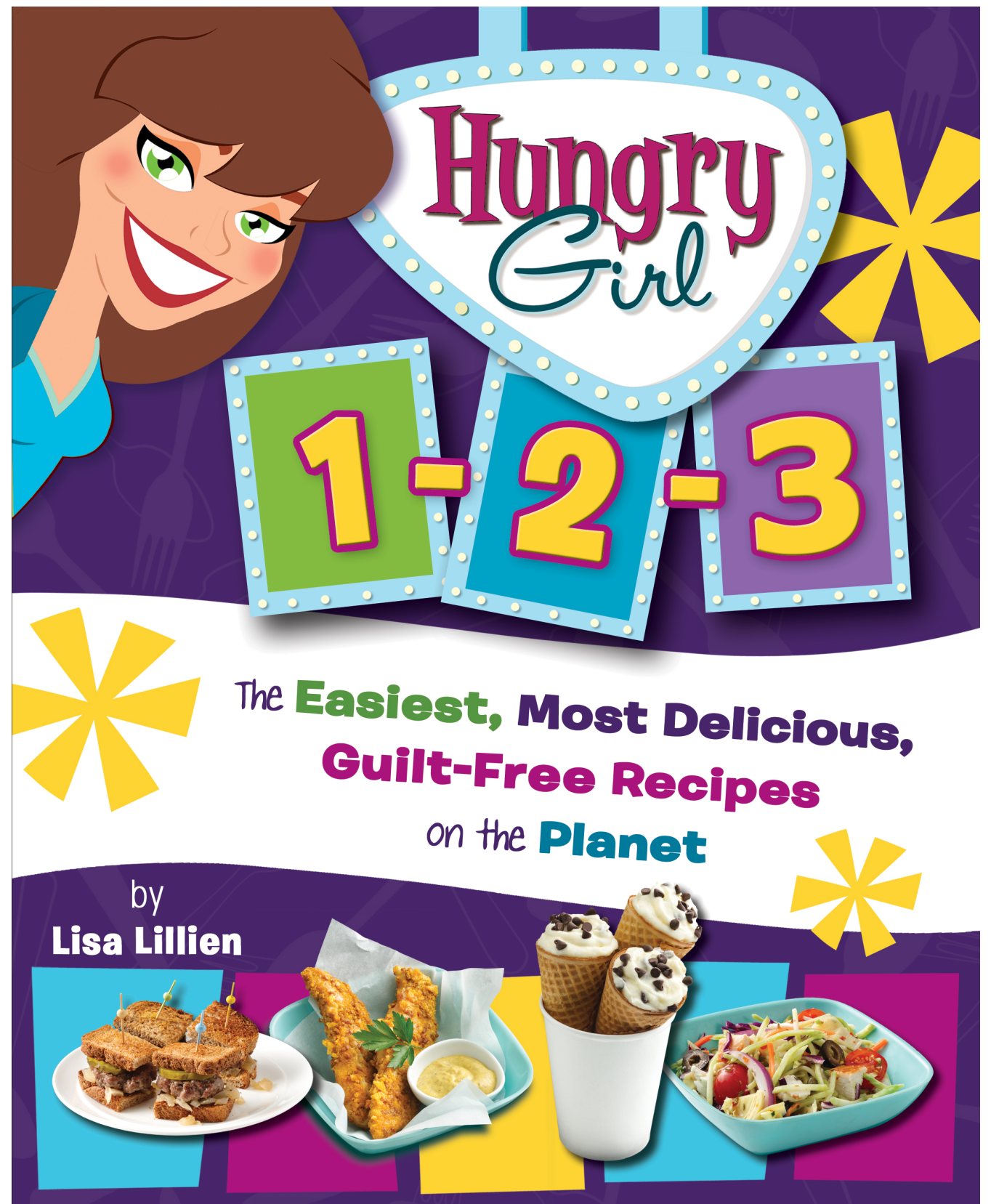


HUNGRY GIRL

1-2-3 // RECIPE PHOTOS



CHAPTER 1: SWINGIN' SINGLE MEALS



PIZZA LUAU



AM APPLE SCRAMBLE



TREMENDOUS TOP-SHELF
TURKEY BURGER



OUTSIDE-IN CHEESEBURGER
PATTY



CHEESY GREEN EGGS 'N
HAMWICHES



SMOTHERED PEPPERONI PIZZA
BREAKFAST BURRITOS



TOTALLY THAI CHICKEN
LETTUCE CUPS



LUCKY FOUR-LEAF SALAD
WITH FETA AND APPLES



HONEY MUSTARD PRETZEL-
COATED CHICKEN FINGERS



SANTA FE CHEESY CHICKEN
STIR-FRY



TOTALLY TERRIFIC TUNA MELT



PIZZA-FIED CHICKEN



CHIOP-CHOP BEEF STIR-FRY



TOO-BEAUTIFUL TURKEY
BURGER



BOWLING FOR PIZZA



SAUSAGE, PEPPERS, AND
ONIONS ITALIA

CHAPTER 2: FAST & FOR 2 (OR 3, OR 4!)



THREE-CHEESE BACON-APPLE-BELLA FRITTATA



SHRIMP & GRITS... FOR HUNGRY CHICKS!



AMAZIN' ASAIN AHI TUNA BURGERS



GOOD CHICK LOLLIPOPS



SPRING CHICKEN SKILLET



FIESTA NOODLE CASSEROLE



CHICKEN D'LISH KEBABS



PLANET HUNGRYWOOD SWEET & CAP'N CRUNCHY CHICKEN



ALOHA UNDER THE SEA



GIRL-ON-GRILL VEGGIE WRAPS



PAN-FRIED CHICKEN PARM



VEGGIE-RIFIC FRIED RICE



TE QUIERO TEQUILA SHRIMP



DEVIL-LICIOUS SHRIMP



CHICKEN ENCHILADA CASSEROLE

CHAPTER 3: NUKE IT, BABY!



COLLEGE BREAKFAST BURRITO



EGG MUG FLORENTINE



EGG MUG BURGER-RAMA



EGG MCMUGGIN'



EGG MUG LORRAINE



EGG MUG MEXICALI



SAUSAGE SPAGHETTI SWAP



CHEESY BEEFY SUPREME
WRAP



ITALIAN-STYLE BACON
ALFREDO BOWL



BLT PASTA SALAD



BUFFALO VEGETABLE HUNGRY
GIRLFREDO



SLOPPY JOE-CHILADAS



BUFF CHICK HOT WING DIP



CUP O' CHOCOLATE-COCONUT
BREAD PUDDING



CAKE ON THE BEACH



ESPRESSO CAKE IN A MUG

CHAPTER 4: FOUR INGREDIENTS OR LESS



THE AMERICAN CLASS PITA



GRILLIN' OF THE CORN



STUFFED CHICK CORDON BLEU



BACKYARD BBQ BEEF CUPS



TOO-EZ MAC 'N CHEESE



SHRIMP COCKTAIL TACOS



CHEESY CRAB 'N CHILE
QUESADILLA



CREAMED CORN-CHEESE BITES



QUICKIE CARAMEL CUSTARD



BFFS (BLACK FOREST FILLO-
CUPS)

CHAPTER 5: COOK-ME-NOT



**GINORMOUS SWEET-TART
FRUIT SALAD**



SALMON SPREAD THE LOVE



**CRAB-HAPPY SUNAMONO
SALAD**



**TWICE-TOMATOED TURKEY
TORTILLA**



SLAMMIN' SLAW



**SHRIMPED-UP SWEET CORN 'N
TOMATO SALAD**



GAZPACHO SURPRISE



VEGGIE-PACKED WRAP ATTACK



**DOUBLE-O-CINNAMON APPLE
BREAKFAST BOWL**

CHAPTER 6: FAST FOOD FAVES...



BIG BOWL OF BREAKFAST



NO-BUNS-ABOUT-IT ANIMAL-
STYLE CHEESEBURGER



SWEET 'N SASSY BONELESS
HOT WINGS



CHILI-RIFIC CHEESEBURGER



ISLAND INSANITY BURGER



BLUE-RIBBON ROAST BEEF
SANDWICH



QUEEN-OF-THE-CASTLE
SLIDERS



BURSTING BURRITO BOWL



CHILI CHEESE DOG NACHOS

CHAPTER 7: FOILED AGAIN



GLAZE-OF-SUNSHINE APRICOT CHICKEN



SO-FANCY FISH PACK



MOM-STYLE CREAMY CHICKEN 'N VEGGIES



CHICKEN-WITH-A-KICK PACK



CARIBBEAN SHRIMP PACKETS



THE RAT(ATOUILLE) PACK



CRAZY PINEAPPLE SALMON TERIYAKI



HAPPY CAMPER CHEESEBURGER CRUMBLE



STUFFED 'N SQUASHED MUSHROOM FOIL PACK



HUSTLE 'N BRUSSELS FOIL-PACK ATTACK



FAJITAS IN A FOIL PACK



DO THE CABBAGE PACK!



EASY OVEN-BAKED S'MORES-STUFFED BANANAS



FRUITY FISH FILLET FOIL PACKS

CHAPTER 8: CROCK AROUND...



**CRAZY-DELICIOUS SEAFOOD
CORN CHOWDER**



SLOW-COOKIN' BBQ CHICKEN



**CHUNKY VEGGIE PUMPKIN
CHILI**



**PUMP-UP-THE-JAM COCKTAIL
WEENIES**



DAN-GOOD CIOPPINO



TURKEY MUSHROOM SURPRISE



**SLOW-COOKIN' MEXICAN
CHICKEN**



**GLAZE-OF-GLORY CANDIED
CARROTS**



**EZ AS 1-2-3-ALARM TURKEY
CHILI**



SWEET-HOT STEAK BITES



HUNGRY CHICK CHUNKY SOUP

CHAPTER 9: THINGS THAT GO BLEND



SLUSH-PUPPY PINEAPPLE
LEMONADE



PRETTY-IN-PINK SLUSHIE
DRINK



CHERRY LEMONADE SUPER-
SLUSHIE



COOL 'N CREAMY FRUIT SOUP



CREAMY DREAMY PORTABELLA
SOUP



PEACHY-KEEN BLACK BEAN
SOUP



CREAMY CARAMELIZED ONION
BISQUE



CHILLA IN VANILLA
MILKSHAKE



CHOCOLATE-COVERED-
CHERRIES FREEZE



SLURPABLE SPLIT SHAKE



PUMPKIN-LICIOUS NOG



TOFFEE CRUSH COFFEE SHAKE



MAKE-MINE-MINT COOKIE-
RIFIC ICE CREAM FREEZE



PUMPKIN PIE SMOOTHIE



MUD PIE IN THE SKY

CHAPTER 10: SPEEDY SWEETIES



APPLE SHAKERS



DESSERT ISLAND PARFAIT



SUPER-SIMPLE APPLE-
CINNAMON DESSERT CREPES



BIG BLACK-AND-WHITE BERRY
PARFAIT



GIMME S'MORE SUNDAE



CARAMEL SWIRL CREAM
PUFFS



OATMEAL RAISIN SOFTIES



PEANUT BUTTER OATMEAL
SOFTIES



UPSIDE-DOWN PERSONAL KEY
LIME PIES



HOT FUDGE 'N BROWNIE BLITZ



UPSIDE-DOWN PINEAPPLE
CRUSH



THAT'S HAZEL-NUTS! COCOA
SUPREME



SCOOPABLE CREAMSICLE
CRUSH PIE

CHAPTER 11: EZ & CROWD-PLEASY



OVEN-BAKED OMELETTE
LASAGNA



PERFECT PUMPKIN BREAD



FRUITY BRUSCHETTA



EXPLODING CHICKEN TAQUITOS



TOMATO BACON TARTS



CORNDOG MILLIONAIRE
MUFFINS



FIESTA BITES



YUMBO GUMBO



SLOPPY FRANKS



HOLY MOLY CANNOLI CONES



JAMMIN' TARTS



FROSTED APPLE PIE
CUPCAKES

CHAPTER 12: ...BROCCOLI COLE SLAW



SWEET 'N CHUNKY TURKEY
SLAW



BACON RANCH BROCCOLI
SLAW



TERIYAKI SHRIMP 'N SLAW
STIR-FRY



BBQ CHICKEN SLAW



SAUCY PASTA SWAP



MMMM MOO SHU CHICKEN



TURKEY & VEGGIE MEATLOAF
MINIS



GREEK CHICKEN SALAD SLAW



HAWAIIAN SLAW

CHAPTER 13: ...FRENCH TOAST



FRENCH-TOASTED WAFFLES



CINNAMON FRENCH TOAST
BOWL-A-RAMA



THE BIG APPLE FRENCH TOAST
CASSEROLE



SUPER-CHEESY HAM-STUFFED
FRENCH TOAST



CANNOLI-STUFFED FRENCH
TOAST NUGGETS



OVERSTUFFED PEANUT
BUTTER 'N BANANA FRENCH
TOAST



PUMPKIN CHEESECAKE
FRENCH TOAST BITES



JAMMED WITH CHEESE
STUFFED FRENCH TOAST