



Hungry Girl's Guilt-Free Groceries

All of our advertisers & products are Hungry Girl tasted & Hungry Girl approved!

Today's delicious finds are brought to you by [General Mills®](#)!

Stay on track
throughout the day with smart swaps!

Check out all of these HG favorites...

Breakfast Swaps!

Instead of a chocolate muffin...
Have a bowl of Fiber One 80 Calories Chocolate Cereal!
Naturally and artificially flavored

80 calories and 35% DV of fiber per serving!

Instead of a peanut butter smoothie...
Whip up a PB Cheerios Pudding Carnival, featuring Multi Grain Cheerios Peanut Butter cereal!

235 calories, plus protein and fiber!

A decadent GUILT-FREE way to start the day!

Lunch & Dinner Swaps!

Instead of a candy bar with lunch...
Enjoy a pouch of Nature Valley Dark Chocolate Granola Thins!

80 calories!

Instead of a loaded baked potato with dinner...
Heat up some Progresso Light Creamy Potato with Bacon & Cheese soup!

100 calories per cup!

The same delicious tastes you love, but with fewer calories and less fat!

Snack & Dessert Swaps!

Instead of a regular brownie...
Tear into a Fiber One 90 Calorie Chocolate Fudge Brownie!

90 calories, plus 20% DV of fiber!

Instead of bananas Foster...
Break out a Larabar Über Bananas Foster bar!

9 simple ingredients, including fruit & nuts, and gluten-free!

Enjoy the flavor of indulgent sweet treats without guilt!

SAVE NOW!

Stock up on HG favorites!

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While supplies last

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