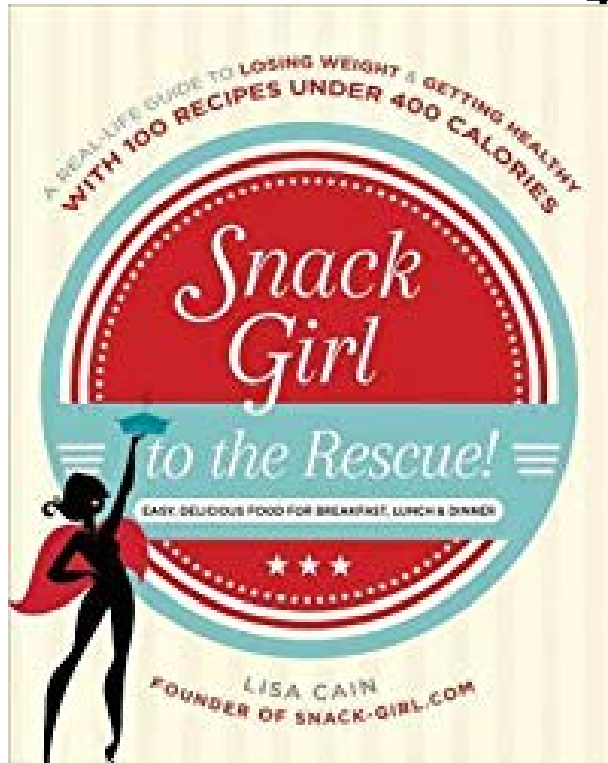


# Snack Girl to the Rescue!: A Real-Life Guide to Losing Weight and Getting Healthy with 100 Recipes Under 400 Calories



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[Snack Girl to the Rescue!: A Real-Life Guide to Losing Weight and Getting Healthy with 100 Recipes Under 400 Calories.epub](#)

From popular blogger Lisa Cain, aka "Snack Girl," a common-sense guide to healthier eating and weight loss, including 100 Weight Watchers-friendly recipes. Since 2009, Lisa Cain has been blogging at [Snack-Girl.com](http://Snack-Girl.com) about how to make healthy changes in your diet and lifestyle. Her mission is to share the secrets and recipes that have helped her stay fit and healthy, without sacrificing fun or flavor. *Snack Girl to the Rescue* contains Lisa's best advice on avoiding common weight-loss pitfalls, shopping healthier on a budget, and getting in shape, along with 100 recipes for fun, quick, and affordable meals and snacks. Written in Snack Girl's signature voice--down to earth, encouraging, and funny--this is the go-to resource for anyone looking to incorporate healthier food choices into their lives, whether they are looking to lose weight, have more energy, or just feel more confident about their family's nutrition.