



MON

TUES

WED

THURS

FRI
08.29.14

BITE

GIRLS BITE OUT



Calling All Hungry Girl Dieters! Have you lost weight with [The Hungry Girl Diet?](#) We wanna know! You could be featured as a success story and receive lots of free HG goodies! Just send an email to dietplan@hungry-girl.com with your best before & after photos, plus your total weight loss using the diet book. And let us know why YOU should be featured. Hope to hear from you soon...

Clear out those half-eaten bags of cookies and stale potato chips... It's time for a guilt-free pantry makeover, TOP ATE style!

Salt-Free Seasoning Mixes

*1/4 tsp., average: 0 - 5 calories, 0g fat, 0mg sodium, 0 - 1g carbs, 0g fiber, 0g sugars, 0g protein -- **PointsPlus®** value 0**

Let's get one thing straight -- salt-free seasoning blends, like the kinds popularized by [Mrs. Dash](#), are totally cool. They come in countless varieties -- garlic & herb! tomato basil! -- and add loads of flavor without hiking up the sodium count. Here at Hungryland, when someone asks, "What smells amazing?", the answer is frequently, "Chicken with Mrs. Dash!" Mama D also recently launched these [new Table Blends](#), and McCormick has great no-salt options in the [Perfect Pinch](#) lineup. There's really no excuse for bland food with this stuff in existence. Stock up so you can make flavorful food in a... dash.

