



**Did You Know** making some creative decisions when you're cooking can really impact calorie content?

It can be fun to experiment and try new dishes, but sometimes sticking to your favorite recipes gives a level of certainty about the outcome. If you love it, sometimes you just want to make it!

However, if you are like most people and cutting down on calories is something you're working toward, institute a "swap strategy." Choose a few meals over the course of the week you intend to make

leaner, lighter and healthier. You'll be amazed how the calorie savings begin to add up.



Here are some our favorites:

Healthy lunches and dinners:

<http://www.hungry-girl.com/recipes/categories/lunch-dinner-recipes>

Lower calorie desserts and treats:

<http://www.hungry-girl.com/recipes/categories/dessert-recipes>

The most important meal of the day: breakfast!

<http://www.hungry-girl.com/recipes/categories/breakfast-recipes>