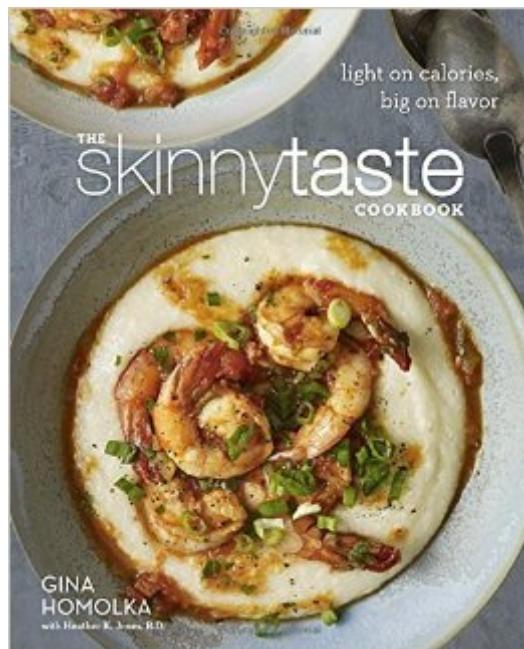


The book was found

The Skinnytaste Cookbook: Light On Calories, Big On Flavor



Synopsis

NEW YORK TIMES BESTSELLERGet the recipes everyone is talking about in the debut cookbook from the wildly popular blog Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started a "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Book Information

Hardcover: 320 pages

Publisher: Clarkson Potter; 1 edition (September 30, 2014)

Language: English

ISBN-10: 0385345623

ISBN-13: 978-0385345620

Product Dimensions: 8.3 x 1 x 10.3 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars (See all reviews) (1,901 customer reviews)

Best Sellers Rank: #156 in Books (See Top 100 in Books) #1 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat #2 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #5 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

At the time I bought this, I'd heard nothing about it. I had simply rarely seen a cookbook with so many glowing reviews, especially for one with "skinny" in the title. I have reviewed scores of cookbooks on and have bookshelves full, like some do a reading library. But I must say, this is one

of the most well-done I have personally ever seen myself. I can understand, now, the cult following it's received. First, let's touch on how "now" this cookbook is...by that I mean it has stepped out of old school cookbooks and how they have always been done, and considered today's audience and what they might need. So many of us are on special diets or have to entertain for a family member or guest who is and pull something together--whether that be gluten-free, vegetarian, something for a family who works during the day and needs crockpot meals, something for a family who works all the time and only wants to cook on weekends and then freeze the meals... this book took that all into account. Beside each recipe there is a color and letter coding-V for vegetarian, GF for gluten free, freezer friendly, crockpot etc. And, for those of us who count calories and want to know nutrients or carbs, it also has all that too! That took some time, but boy is it handy, even if you yourself only use it occasionally. The photos are plentiful and throughout and professionally done with good lighting that makes you want to eat it. I have had a few cookbooks that actually made me turned off to the meal due to the grey lighting or even ones I knew were fake like a slow cooker photo of mac and cheese that showed it browned on top (that does not occur in a slow cooker). Not so for this one, it's how the recipe turns out and they make you want to lick the page!

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