
























# skinnytaste | Cookbook Index

























\*WW = WW PersonalPoints™ Link

## Appetizers

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Zucchini Sticks  	The Skinnytaste Cookbook	Skinny Bites	109	<a href="#">WW</a>
Bangin' Good Shrimp 	The Skinnytaste Cookbook	Skinny Bites	116	<a href="#">WW</a>
Breaded Popcorn Shrimp with Tartar Sauce (Air fryer)  	Skinnytaste One & Done	Air Fryer	202	<a href="#">WW</a>
Caliente Bean and Queso Dip 	The Skinnytaste Cookbook	Skinny Bites	101	<a href="#">WW</a>
Cheesy "Fried" Mozzarella Bites   	The Skinnytaste Cookbook	Skinny Bites	112	<a href="#">WW</a>
Garden Pico de Gallo   	The Skinnytaste Cookbook	Skinny Bites	120	<a href="#">WW</a>
Guiltless Sausage-Stuffed Mushrooms   	The Skinnytaste Cookbook	Skinny Bites	102	<a href="#">WW</a>
Lemony Herb Hummus 	The Skinnytaste Cookbook	Skinny Bites	111	<a href="#">WW</a>
Less-Guilt Zesty Mango Guacamole  	The Skinnytaste Cookbook	Skinny Bites	118	<a href="#">WW</a>
Loaded "Nacho" Potato Skins	The Skinnytaste Cookbook	Skinny Bites	105	<a href="#">WW</a>
Petite Baked Crab Cakes	The Skinnytaste Cookbook	Skinny Bites	115	<a href="#">WW</a>
Roasted Edamame with Sea Salt 	The Skinnytaste Cookbook	Skinny Bites	107	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Shrimp and Pork Spring Rolls with Carrot-Cabbage Slaw (Air fryer) 	Skinnytaste One & Done	Air Fryer	205	<a href="#">WW</a>
Skinny Green Goddess Dip   	The Skinnytaste Cookbook	Skinny Bites	119	<a href="#">WW</a>

## Appetizers & Snacks

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Ahi Poke Wonton Cups (Air Fryer)  	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	44	<a href="#">WW</a>
Air-Fried Blistered Shisitos with Smoked Paprika Aioli (Air Fryer)     	Skinnytaste Simple	For Sharing	61	<a href="#">WW</a>
Air Fryer Mini Arancini Bites (Air Fryer)   	Skinnytaste Simple	For Sharing	74	<a href="#">WW</a>
Bacon Wrapped Cheesy Jalapeno Poppers (Air Fryer)  	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	36	<a href="#">WW</a>
Baked Clam Dip (Air Fryer)  	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	40	<a href="#">WW</a>
Baked Elote Dip   	Skinnytaste Simple	For Sharing	58	<a href="#">WW</a>
Buffalo Garlic Knots 	Skinnytaste Simple	For Sharing	69	<a href="#">WW</a>
Buffalo Wings with Blue Cheese Dip (Air Fryer)  	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	32	<a href="#">WW</a>
Caramelized Onion and Fig Flatbread 	Skinnytaste Simple	For Sharing	73	<a href="#">WW</a>
Cauliflower Rice Arancini (Air Fryer)   	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	52	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Cheesy Crab-Stuffed Mushrooms (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	43	WW
Chicken-Vegetable Spring Rolls (Air Fryer) DF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	35	WW
Crab and Cream Cheese Wontons (Air Fryer) Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	39	WW
Crispy Za'atar Chickpeas (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	55	WW
Devils on Horseback (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	49	WW
French Onion Greek Yogurt Dip GF V	Skinnytaste Simple	For Sharing	54	WW
Fried Pickle Chips with Cajun Buttermilk Ranch (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	59	WW
Garlic Knots (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	56	WW
Greek Goddess Dip GF Q V	Skinnytaste Simple	For Sharing	53	WW
Homemade Chips & Salsa (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	46	WW
Loaded Zucchini Skins (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	51	WW
Roasted Garlic and Cauliflower Hummus DF GF V	Skinnytaste Simple	For Sharing	62	WW
Roasted Shrimp Cocktail DF GF Q	Skinnytaste Simple	For Sharing	65	WW
Smoked Fish Dip GF Q	Skinnytaste Simple	For Sharing	57	WW
Spicy Vegan Cashew Queso DF GF Q V	Skinnytaste Simple	For Sharing	66	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Spinach Empanadas FF V	Skinnytaste Simple	For Sharing	70	WW
Tomatillo Salsa Verde (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	48	WW

## Beef, Pork, & Lamb

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Pork Milanese with Tricolore Salad GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	100	WW
Beef and Broccoli DF GF	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	106	WW
Juicy Brined Pork Chops DF GF	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	104	WW
Lamb Loin Chops with Pistachio-Mint Gremolata DF GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	108	WW
Chicken-Fried Steak with Sage Gravy	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	86	WW
Spice-Rubbed Lamb Chops with Cucumbers and Yogurt GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	88	WW
Beef Tataki with Ginger-Lemon Dressing DF GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	91	WW
Prosciutto-Wrapped Pork Tenderloin with Fig-Mustard Sauce DF GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	92	WW
Steak, Potato, and Poblano Burritos GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	95	WW
Cheeseburger-Loaded Fries GF	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	96	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Gouda-Stufreezer-mealsed Beef and Mushroom Burgers GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	103	WW
Rosemary Flank Steak with Panko Onion Rings	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	99	WW
Steak Fajitas DF GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	111	WW
Apple-Stuffed Pork Chops (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	97	WW
Baked Beef Stew with Butternut Squash DF FF GF	Skinnytaste Simple	Meat Lovers	218	WW
Breaded Pork Cutlets with Avocado, Tomatoes, & Lime (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	94	WW
Carne Asada Salad (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	90	WW
Five-Spice Beef Kebabs DF GF	Skinnytaste Simple	Meat Lovers	191	WW
Five-Spiced Glazed Lamb Chops (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	98	WW
Garlic-Butter Steak with Broccoli GF Q	Skinnytaste Simple	Meat Lovers	213	WW
Grilled London Broil with Tomatoes, Onion, and Basil DF GF	Skinnytaste Simple	Meat Lovers	214	WW
Hoisin Burgers with Quick-Pickled Cucumbers DF Q	Skinnytaste Simple	Meat Lovers	193	WW
Korean Pork Lettuce Wraps (Air Fryer) DF	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	92	WW
Low-Carb Cheeseburger Sliders with Special Sauce (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	86	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Madison's Steak Tacos with Cilantro-Lime Rice (Grill Pan, Air Fryer) AF DF GF	Skinnytaste Simple	Meat Lovers	201	<a href="#">WW</a>
Meat Lovers' Pizza-Stuffed Peppers (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	93	<a href="#">WW</a>
Parmesan Pork Chops (Air Fryer) AF GF	Skinnytaste Simple	Meat Lovers	206	<a href="#">WW</a>
Pepper Steak and Rice DF GF Q	Skinnytaste Simple	Meat Lovers	196	<a href="#">WW</a>
Roast Beef with Horseradish-Chive Cream (Air Fryer) GF	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	89	<a href="#">WW</a>
Sheet Pan Pork Tenderloin with Potatoes and Spinach (Sheet Pan) DF GF	Skinnytaste Simple	Meat Lovers	217	<a href="#">WW</a>
Slow Cooker Tacos al Pastor (Slow Cooker) DF FF GF SC	Skinnytaste Simple	Meat Lovers	199	<a href="#">WW</a>
Soy-Sesame Marinated Flank Steak (Air Fryer) DF GF	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	91	<a href="#">WW</a>
Spaghetti Squash Carbonara GF	Skinnytaste Simple	Meat Lovers	210	<a href="#">WW</a>
Steak with Pizzaiola Sauce DF GF Q	Skinnytaste Simple	Meat Lovers	209	<a href="#">WW</a>

## Big Batches & Planned-Overs

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Basil Pomodoro Sauce DF FM GF Q V	Skinnytaste Meal Prep	Sauces	294	<a href="#">WW</a>
Bean and Turkey Tostadas GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	279	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chicken and Broccoli Rabe Wraps DF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	252	WW
Chicken Chive Wontons FM	Skinnytaste Meal Prep	Chicken & Other Poultry	284	WW
Chicken Souvlaki Pitas Q	Skinnytaste Meal Prep	Chicken & Other Poultry	256	WW
Five-Spice Glazed Pork Tenderloin DF FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	280	WW
Greek Gyro Salad GF Q	Skinnytaste Meal Prep	Salad	293	WW
Gyro Loaf DF FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	290	WW
Herb Turkey Breast with Gravy DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	259	WW
Instant Pot Colombian Beans (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Sides	276	WW
Paprika Whole Roasted Chicken DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	248	WW
Personal Turkey Pot Pies FM	Skinnytaste Meal Prep	Chicken & Other Poultry	260	WW
Pollo Asado (Latin Rotisserie Style Roasted Chicken) DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	251	WW
Pork Shoulder Ragu with Cauliflower Polenta GF Q	Skinnytaste Meal Prep	Beef, Pork, & Lamb	275	WW
Quick Five-Spice Pork Ramen DF Q	Skinnytaste Meal Prep	Beef, Pork, & Lamb	283	WW
Rotisserie Summer Chicken Bowls with Smoked Paprika Aioli DF GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	255	WW
Salmon Fried Rice with Asparagus DF FM GF Q	Skinnytaste Meal Prep	Fish	267	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Salmon Nicoise Salad DF GF	Skinnytaste Meal Prep	Salad	271	WW
Sheet Pan Herb Salmon with Broccolini and Tomatoes DF GF Q	Skinnytaste Meal Prep	Fish	264	WW
Shrimp and Celery Wontons FM	Skinnytaste Meal Prep	Seafood	284	WW
Slow Cooker Italian Pulled Pork (Slow Cooker) DF FM GF SC	Skinnytaste Meal Prep	Beef, Pork, & Lamb	272	WW
Soy Dipping Sauce DF GF V	Skinnytaste Meal Prep	Sauces	285	WW
Spicy Salmon Poke Bowls DF GF Q	Skinnytaste Meal Prep	Fish	268	WW
Spicy Veggie Wontons FM	Skinnytaste Meal Prep	Meatless Main	284	WW
Turkey Cranberry Salad DF GF Q	Skinnytaste Meal Prep	Salad	263	WW
Wonton Soup DF FM Q	Skinnytaste Meal Prep	Soups & Chilis	289	WW

## Bonus Recipes

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Balsamic Green Bean Salad DF	Skinnytaste Meal Prep	Salad	307	WW
Italian Cobb Salad DF GF Q	Skinnytaste Meal Prep	Salad	308	WW
Veggie Sushi Bowls DF GF Q V	Skinnytaste Meal Prep	Meatless Main	312	WW
White Bean Patties with Lemon Basil Aioli FM GF V	Skinnytaste Meal Prep	Meatless Main	311	WW



# Breakfast

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Acai Berry Bowls DF GF Q V	Skinnytaste Simple	Morning Meals	33	WW
Almond Flour Banana Crumb Muffins DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	60	WW
Avena (Oatmeal Smoothie) DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	36	WW
Baked Oatmeal Cups: Apple Cinnamon DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	WW
Baked Oatmeal Cups: Blueberry Banana DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	WW
Baked Oatmeal Cups: Mixed Berry DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	WW
Baked Oatmeal Cups: Peaches & Cream FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	WW
Banilla Protein Smoothie DF GF Q V	Skinnytaste Simple	Morning Meals	45	WW
Breakfast Fried Rice DF GF Q	Skinnytaste Meal Prep	Breakfast & Brunch	39	WW
Breakfast On-the-Run Bowls (Air Fryer) AF DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	32	WW
Breakfast Quesadillas GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	52	WW
Classic Egg Salad DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	56	WW
Creamy Overnight Oats with Blueberries and Pistachios DF GF V	Skinnytaste Simple	Morning Meals	46	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Everything but the Bagel Cottage Cheese and Lox Bowl GF Q	Skinnytaste Simple	Morning Meals	19	WW
Greek Yogurt Raspberry Loaf FM V	Skinnytaste Meal Prep	Breakfast & Brunch	63	WW
Heart-Smart Baked Oatmeal DF GF V	Skinnytaste Simple	Morning Meals	41	WW
High-Protein Oat Waffles FF GF Q V	Skinnytaste Simple	Morning Meals	27	WW
Instant Egg White Steel Cut Oats (Instant Pot) DF GF PC V	Skinnytaste Meal Prep	Breakfast & Brunch	59	WW
Italian Sausage and Ricotta Frittata GF Q	Skinnytaste Meal Prep	Breakfast & Brunch	55	WW
Lemon Blueberry Buttermilk Sheet Pan Pancakes FM Q V	Skinnytaste Meal Prep	Breakfast & Brunch	45	WW
Maple Pecan Cottage Cheese GF Q V	Skinnytaste Simple	Morning Meals	20	WW
PB & J Smoothie Bowl DF GF Q V	Skinnytaste Simple	Morning Meals	49	WW
Peanut Butter Banana-Berry Pancake Roll-Ups DF Q V	Skinnytaste Simple	Morning Meals	37	WW
Pina Colada Yogurt Bowls DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	35	WW
Sausage, Egg, and Cheese Breakfast Sandwiches FM GF	Skinnytaste Meal Prep	Breakfast & Brunch	51	WW
Strawberry and Cottage Cheese Jars GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	48	WW
Stuffed Bagel Balls (Air Fryer) AF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	42	WW

## Breakfast & Brunch

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Apple 'n' Spice Baked Oatmeal GF Q	The Skinnytaste Cookbook	Sunny Mornings	30	WW
Banana-Almond Smoothie Bowl DF GF Q V	Skinnytaste Fast & Slow	Healthy Mornings	30	WW
Blueberry-Lemon Yogurt Muffins (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Breakfast	29	WW
Breakfast Banana Split DF GF Q V	Skinnytaste Fast & Slow	Healthy Mornings	34	WW
Breakfast Turkey Sausage (Air Fryer) GF	Skinnytaste Air Fryer Cookbook	Breakfast	25	WW
Brussels Sprout Hash with Bacon and Eggs DF Q V	Skinnytaste Fast & Slow	Healthy Mornings	26	WW
Cajun-Spiced Shakshuka DF GF Q V	Skinnytaste Simple	Morning Meals	34	WW
Cali Avocado Egg Sandwich GF Q	The Skinnytaste Cookbook	Sunny Mornings	37	WW
Chunky Loaded Guac Toast DF Q V	Skinnytaste Fast & Slow	Healthy Mornings	24	WW
Cinnamon Rolls with Cream Cheese Icing (Air Fryer) V	Skinnytaste Air Fryer Cookbook	Breakfast	23	WW
Coco-LoCo Mango Green Smoothie GF Q V	The Skinnytaste Cookbook	Sunny Mornings	24	WW
Corny Banana-Blueberry Pancakes Q V	The Skinnytaste Cookbook	Sunny Mornings	48	WW
Cucumber, Tomato, and Lox DF Q V	Skinnytaste Fast & Slow	Healthy Mornings	25	WW
Dad's Jammin' Crêpes Q V	The Skinnytaste Cookbook	Sunny Mornings	51	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Everything (but the) Bagel Breakfast Pockets (Air Fryer)	Skinnytaste Air Fryer Cookbook	Breakfast	16	<a href="#">WW</a>
Good-For-You Granola GF Q V	The Skinnytaste Cookbook	Sunny Mornings	26	<a href="#">WW</a>
Greek-a-Licious Egg White Omelet	The Skinnytaste Cookbook	Sunny Mornings	33	<a href="#">WW</a>
Guiltless Chocolate Chip Pancakes V	The Skinnytaste Cookbook	Sunny Mornings	47	<a href="#">WW</a>
Ham and Swiss Omelet Wrap GF Q	Skinnytaste Simple	Morning Meals	30	<a href="#">WW</a>
Heavenly Banana-Nut Oat Muffins V	The Skinnytaste Cookbook	Sunny Mornings	45	<a href="#">WW</a>
Home Fries with Onions and Peppers (Air Fryer) GF V	Skinnytaste Air Fryer Cookbook	Breakfast	19	<a href="#">WW</a>
Homemade Bagels (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Breakfast	20	<a href="#">WW</a>
Karina's Special DF Q V	Skinnytaste Fast & Slow	Healthy Mornings	24	<a href="#">WW</a>
Loaded Waffled Hash Browns GF	Skinnytaste Simple	Morning Meals	42	<a href="#">WW</a>
Make-Ahead Western Omelet "Muffins" GF Q V	The Skinnytaste Cookbook	Sunny Mornings	29	<a href="#">WW</a>
Mexican Huevos Shakshukos DF GF Q	Skinnytaste Fast & Slow	Healthy Mornings	29	<a href="#">WW</a>
Naked Eggs Benedict GF V	The Skinnytaste Cookbook	Sunny Mornings	32	<a href="#">WW</a>
Open-Face Bagels with Scallion-Lox Cream Cheese Q V	The Skinnytaste Cookbook	Sunny Mornings	39	<a href="#">WW</a>
Paradise Parfait GF V	The Skinnytaste Cookbook	Sunny Mornings	27	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
PB&J Oatmeal Bake with Bananas and Blueberries (Air Fryer) GF V	Skinnytaste Air Fryer Cookbook	Breakfast	18	WW
PB&J Overnight Oats in a Jar DF GF Q V	The Skinnytaste Cookbook	Sunny Mornings	23	WW
Petite Spiced Pumpkin Bread (Air Fryer) GF V	Skinnytaste Air Fryer Cookbook	Breakfast	26	WW
Pumpkin-Obsessed Vanilla-Glazed Scones GF Q V	The Skinnytaste Cookbook	Sunny Mornings	42	WW
Put an Egg on It! Q V	Skinnytaste Fast & Slow	Healthy Mornings	23	WW
"Que Rico" Breakfast Tostada Q	The Skinnytaste Cookbook	Sunny Mornings	41	WW
Red Chilaquiles with Fried Eggs GF V	Skinnytaste Simple	Morning Meals	25	WW
Saucy Eggs with Tomatoes GF V	Skinnytaste Simple	Veggie Mains	140	WW
Savory Quinoa Breakfast Bowls DF GF Q V	Skinnytaste Fast & Slow	Healthy Mornings	33	WW
Slow Cooker "Baked" Oatmeal with Coconut, Blueberries, and Bananas (Slow cooker) Q V	Skinnytaste Fast & Slow	Healthy Mornings	35	WW
Slow Cooker Chocolate Swirl Banana Bread (Slow cooker) DF GF V	Skinnytaste Fast & Slow	Healthy Mornings	36	WW
South of the Border Huevos Revueltos DF Q	Skinnytaste Fast & Slow	Healthy Mornings	25	WW
Tomato Ricotta Frittata GF Q V	Skinnytaste Simple	Veggie Mains	139	WW
Vegan Scrambled Tofu DF GF Q V	Skinnytaste Simple	Morning Meals	38	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Veggie Leek & Cheese Frittata (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Breakfast	15	WW
Whole Wheat Crêpes with Strawberry Sauce GF Q V	Skinnytaste Fast & Slow	Healthy Mornings	20	WW
Winter Potato, Kale, and Sausage Frittata GF Q V	The Skinnytaste Cookbook	Sunny Mornings	35	WW














## Chicken & Other Poultry

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Adobo-Rubbed Chicken with Avocado Salsa (Air Fryer) DF GF	Skinnytaste Air Fryer Cookbook	Poultry	68	WW
Air Fryer Chicken Drumsticks (Air Fryer) AF DF GF Q	Skinnytaste Simple	Poultry Picks	175	WW
Arroz con Pollo (Pressure cooker) GF Q	Skinnytaste One & Done	Pressure Cooker	124	WW
Asiago-Crusted Chicken Breasts GF V	Skinnytaste Fast & Slow	Poultry Mains	148	WW
Asian Chicken Lettuce Wraps (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	256	WW
Asian Peanut Noodles with Chicken	The Skinnytaste Cookbook	Perfect Poultry	178	WW
Asian Turkey Meatballs with Hoisin Sauce (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Poultry	73	WW
BBQ Chicken Foil Packets DF GF	Skinnytaste Simple	Poultry Picks	178	WW
Buffalo Chicken Nuggets (Air fryer) Q	Skinnytaste One & Done	Air Fryer	184	WW
Buffalo Drumsticks with Creamy Cabbage and Kale Slaw (Air fryer) GF Q V	Skinnytaste One & Done	Air Fryer	171	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Buttermilk Oven "Fried" Chicken GF Q V	The Skinnytaste Cookbook	Perfect Poultry	151	WW
Cajun Chicken Pasta on the Lighter Side GF Q	The Skinnytaste Cookbook	Perfect Poultry	186	WW
Cheesy Chicken Quesadilla GF Q	Skinnytaste Simple	Poultry Picks	181	WW
Cheesy Green Chili-Chicken Chimichangas (Air Fryer) Q	Skinnytaste Air Fryer Cookbook	Poultry	81	WW
Cheesy Jalapeño Popper Stuffed Chicken (Air fryer) Q V	Skinnytaste One & Done	Air Fryer	186	WW
Cheesy Turkey, Leek, and Potato Gratin (Skillet) DF	Skinnytaste One & Done	Skillet	38	WW
Chicken and Couscous Bowls with Piri Piri GF Q	Skinnytaste Fast & Slow	One-Bowl Meals	78	WW
Chicken-Avocado Burgers with Jalapeño Slaw (Grill pan) DF	Skinnytaste One & Done	Grill Pan	278	WW
Chicken Cordon Bleu (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Poultry	82	WW
Chicken Cordon Bleu Meatballs Q	The Skinnytaste Cookbook	Perfect Poultry	163	WW
Chicken Cordon Bleu with Asparagus (Skillet) GF Q	Skinnytaste One & Done	Skillet	25	WW
Chicken Fajitas (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	80	WW
Chicken Katsu with Sesame-Pineapple Slaw (Air fryer) GF	Skinnytaste One & Done	Air Fryer	172	WW
Chicken Marsala on the Lighter Side	The Skinnytaste Cookbook	Perfect Poultry	167	WW






































RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chicken Parmesan Caprese (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Poultry	62	WW
Chicken Pasta Caprese GF Q	The Skinnytaste Cookbook	Perfect Poultry	184	WW
Chicken, Pesto, and Cheese Stromboli (Air fryer) DF GF	Skinnytaste One & Done	Air Fryer	180	WW
Chicken Piccata (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Poultry	74	WW
Chicken Rollatini Stuffed with Zucchini and Mozzarella	The Skinnytaste Cookbook	Perfect Poultry	152	WW
Chicken Saltimbocca with Spinach (Skillet) GF Q	Skinnytaste One & Done	Skillet	33	WW
Chicken Scaloppine with Broccoli and Melted Mozzarella DF GF Q	Skinnytaste Fast & Slow	Poultry Mains	152	WW
Chicken with Hot Cherry Peppers DF Q	Skinnytaste Simple	Poultry Picks	169	WW
Chipotle Chicken Tostadas (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	252	WW
Classic Chicken Nuggets (Air fryer) Q	Skinnytaste One & Done	Air Fryer	183	WW
Coconut Chicken and Butternut Curry in a Hurry (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	135	WW
Complete BBQ Chicken Dinner (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	248	WW
Coq au Vin (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	128	WW
Cornflake-Crusted "Fried" Chicken with Romaine Slaw (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Poultry	77	WW
Crispy Chicken Schnitzel Dinner (Sheet pan)	Skinnytaste One & Done	Sheet Pan & Baking Dish	75	WW



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Dijon-Maple Chicken with Brussels and Butternut (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	79	<a href="#">WW</a>
Everything (but the) Bagel Chicken Roll-Ups (Air fryer) 	Skinnytaste One & Done	Air Fryer	176	<a href="#">WW</a>
Fall-off-the-Bone Whole Rosemary Chicken (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	251	<a href="#">WW</a>
Fettuccine Alfredo with Chicken and Broccoli 	The Skinnytaste Cookbook	Perfect Poultry	161	<a href="#">WW</a>
Fiesta Chicken and Carrot "Rice" (Skillet) 	Skinnytaste One & Done	Skillet	22	<a href="#">WW</a>
Fiesta Turkey Meatloaves (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Poultry	83	<a href="#">WW</a>
Giant Turkey Meatball Parmesan (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	94	<a href="#">WW</a>
Ginger-Lime Chicken with Broccoli and Carrots (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	90	<a href="#">WW</a>
Glazed Korean BBQ Chicken Wings (Air fryer) 	Skinnytaste One & Done	Air Fryer	179	<a href="#">WW</a>
Greek Chicken Sheet Pan Dinner 	Skinnytaste Fast & Slow	Poultry Mains	158	<a href="#">WW</a>
Grilled Chicken Thighs with Garlicky Chimichurri (Grill Pan) 	Skinnytaste Simple	Poultry Picks	182	<a href="#">WW</a>
Hasselback Feta Chicken Bake 	Skinnytaste Simple	Poultry Picks	150	<a href="#">WW</a>
Herbed Cornish Hen for Two (without skin) (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Poultry	65	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Honey Balsamic Grilled Chicken and Vegetables (Grill pan) GF Q	Skinnytaste One & Done	Grill Pan	281	WW
Honey-Mustard Chicken Bake (Baking dish) GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	86	WW
Italian Sausage and Pepper Calzones (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	189	WW
Italian Sausage with Peppers and Onions Q	The Skinnytaste Cookbook	Perfect Poultry	159	WW
Kale Caesar and Grilled Chicken Bowls DF GF	Skinnytaste Fast & Slow	One-Bowl Meals	77	WW
Kickin' Chicken Poultry Seasoning DF GF Q V	Skinnytaste Simple	Poultry Picks	177	WW
Kielbasa and Cabbage (Dutch oven) GF Q	Skinnytaste One & Done	Dutch Oven	227	WW
Korean-Inspired Chicken Lettuce Wraps Q	Skinnytaste Fast & Slow	Poultry Mains	151	WW
Lemon Chicken and Brown Rice Pilaf (Skillet) GF Q	Skinnytaste One & Done	Skillet	26	WW
Loaded Buffalo Chicken Stuffed Sweet Potatoes (Slow cooker) GF Q V	Skinnytaste One & Done	Slow Cooker	247	WW
Mom's Skillet Chicken Pot Pie (Skillet) Q	Skinnytaste One & Done	Skillet	37	WW
Naked Persian Turkey Burgers GF	The Skinnytaste Cookbook	Perfect Poultry	156	WW
Naked Season Chicken Tenders (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Poultry	69	WW
Orecchiette with Sausage, Baby Kale, and Bell Pepper GF Q	The Skinnytaste Cookbook	Perfect Poultry	181	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Parmesan-Crusted Turkey Cutlets with Arugula Salad (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Poultry	64	WW
Petite Meatloaf Dinner (Sheet pan) GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	97	WW
Pickle-Brined Chicken Tenders (Air Fryer) DF GF	Skinnytaste Air Fryer Cookbook	Poultry	70	WW
Pizza-Stuffed Chicken Roll-Ups Q	Skinnytaste Fast & Slow	Poultry Mains	157	WW
Pot Sticker Stir-Fry GF Q	Skinnytaste Simple	Poultry Picks	153	WW
Pressure Cooker Three-Cup Chicken (Pressure cooker) GF Q	Skinnytaste Fast & Slow	Poultry Mains	160	WW
Puerto Rican Pinchos de Pollo (Grilled Chicken Skewers) DF	Skinnytaste Simple	Poultry Picks	164	WW
Roasted Poblanos Rellenos with Chicken	The Skinnytaste Cookbook	Perfect Poultry	173	WW
Santa Fe Turkey Egg Rolls with Avocado Ranch Sauce GF Q	Skinnytaste Fast & Slow	Poultry Mains	154	WW
Shawarma-Spiced Grilled Chicken Thighs with Tahini (Grill pan) DF GF V	Skinnytaste One & Done	Grill Pan	277	WW
Sheet Pan Spatchcock Chicken with Brussels Sprouts (Sheet Pan) DF GF	Skinnytaste Simple	Poultry Picks	154	WW
Shepherd's Pie with Cauliflower Crust (Skillet) GF	Skinnytaste One & Done	Skillet	41	WW
Skillet Andouille Sausage with Potatoes and Vegetables DF GF	Skinnytaste Simple	Poultry Picks	145	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Skinny Chicken Parmesan 	The Skinnytaste Cookbook	Perfect Poultry	177	
Slow Cooker Adobo Chicken with Sriracha, Ginger, and Scallions (Slow cooker) 	Skinnytaste Fast & Slow	Poultry Mains	163	
Slow Cooker BBQ Pulled Chicken (Slow cooker)  	Skinnytaste Fast & Slow	Poultry Mains	168	
Slow Cooker Buffalo Chicken Lettuce Wraps (Slow cooker) 	Skinnytaste Fast & Slow	Poultry Mains	172	
Slow Cooker Chicken Burrito Bowls (Slow cooker)    	Skinnytaste Fast & Slow	One-Bowl Meals	93	
Slow Cooker Chicken Tikka Masala (Slow cooker)   	Skinnytaste Fast & Slow	Poultry Mains	161	
Slow Cooker Czech Chicken Paprikash (Slow cooker)  	Skinnytaste Fast & Slow	Poultry Mains	171	
Slow Cooker Indian Chicken and Peas (Slow cooker)  	Skinnytaste Fast & Slow	Poultry Mains	164	
Slow-Cooker Jerk Chicken Tacos with Caribbean Salsa (Slow cooker)	The Skinnytaste Cookbook	Perfect Poultry	155	
Slow Cooker Maple-Dijon Chicken Drumsticks (Slow cooker) 	Skinnytaste Fast & Slow	Poultry Mains	167	
Slow Cooker Stuffed Turkey Tenderloins with Gravy (Slow cooker) 	Skinnytaste Fast & Slow	Poultry Mains	174	
Slow Cooker Turkey Meatloaf (Slow cooker)  	Skinnytaste Fast & Slow	Poultry Mains	177	
So-Addicted Chicken Enchiladas  	The Skinnytaste Cookbook	Perfect Poultry	171	
Spaghetti "Squashta" with Turkey Bolognese 	The Skinnytaste Cookbook	Perfect Poultry	169	

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Spiced Yogurt-Marinated Chicken Thighs with Blistered Vegetables (Air Fryer) GF	Skinnytaste Air Fryer Cookbook	Poultry	78	WW
Spicy Peanut Chicken and Vegetables (Sheet pan) DF GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	76	WW
Spicy Stir-Fried Chicken and Shredded Brussels Bowls (Skillet) GF	Skinnytaste One & Done	Skillet	29	WW
Spinach, Bacon, and Cheddar Hasselback Chicken (Sheet pan) DF GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	93	WW
Sweet and Spicy Gochujang Chicken Bowls DF GF Q	Skinnytaste Simple	Poultry Picks	170	WW
Sweet Potato Turkey Burgers AF DF FF GF	Skinnytaste Simple	Poultry Picks	157	WW
Tandoori Chicken with Vegetables (Sheet pan) GF Q V	Skinnytaste One & Done	Sheet Pan & Baking Dish	85	WW
Teriyaki Chicken Bowls DF Q	Skinnytaste Fast & Slow	One-Bowl Meals	81	WW
The Juiciest Italian Turkey Fried Meatballs (Ever) FF GF Q	Skinnytaste Simple	Poultry Picks	146	WW
Turkey Breast with Sweet Potatoes, Green Beans, and Gravy (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	139	WW
Turkey Kofta Kebab Lettuce Wraps (Grill pan) GF	Skinnytaste One & Done	Grill Pan	282	WW
Turkey Pot Pie Noodles Q	Skinnytaste Simple	Poultry Picks	186	WW
Turkey Unstuffed Pepper Bowls DF FF GF Q	Skinnytaste Simple	Poultry Picks	160	WW
Weeknight Chicken Souvlaki (Skillet) GF Q	Skinnytaste One & Done	Skillet	34	WW

## Dessert

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Almost Sinful Maple-Raisin Bread Pudding GF Q V	The Skinnytaste Cookbook	Skinny Sweet Tooth	301	WW
Baked Bananas Foster à la Mode V	The Skinnytaste Cookbook	Skinny Sweet Tooth	299	WW
Baked Streusel Apples (Air Fryer) GF V	Skinnytaste Air Fryer Cookbook	Desserts	150	WW
Banana Apricot-Turnovers (Air Fryer) Q V	Skinnytaste Air Fryer Cookbook	Desserts	153	WW
Banana Pudding Cups	Skinnytaste Fast & Slow	The Sweeter Side	279	WW
Blender Mango Sorbet DF FF GF V	Skinnytaste Simple	Sweet Tooth	285	WW
Chocolate Shell Nice Cream DF GF V	Skinnytaste Simple	Sweet Tooth	282	WW
Cinnamon-Apple Tarte Tatin V	Skinnytaste Simple	Sweet Tooth	279	WW
Coconut Panna Cotta with Fresh Raspberries V	The Skinnytaste Cookbook	Skinny Sweet Tooth	296	WW
Coconut Rice Pudding with Mango DF GF V	Skinnytaste Simple	Sweet Tooth	293	WW
Crustless Slow Cooker Apple Pie à la Mode (Slow cooker) DF GF V	Skinnytaste Fast & Slow	The Sweeter Side	292	WW
Delightful Poached Pears with Yogurt GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	303	WW
Double Chocolate Chunk Walnut Cookies GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	292	WW
Easy No-Cook Mango Fool GF Q V	Skinnytaste Fast & Slow	The Sweeter Side	283	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Flourless Pistachio Cake DF GF V	Skinnytaste Simple	Sweet Tooth	277	WW
Flourless Sea Salt Brownies GF V	Skinnytaste Simple	Sweet Tooth	290	WW
Freezer Strawberry and Cream Cheese Turnovers FF V	Skinnytaste Simple	Sweet Tooth	289	WW
Frozen Dark Chocolate–Almond Bananas GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	309	WW
Frozen Peanut Butter Cups FF GF V	Skinnytaste Simple	Sweet Tooth	286	WW
Grilled Piña Colada Delight GF Q V	Skinnytaste Fast & Slow	The Sweeter Side	284	WW
Juicy Peach Cobbler V	Skinnytaste Simple	Sweet Tooth	274	WW
Macerated Berries with Whipped Cream Q V	Skinnytaste Fast & Slow	The Sweeter Side	280	WW
Matcha Milkshake GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	313	WW
Mini Blueberry Swirl Cheesecakes FF V	Skinnytaste Simple	Sweet Tooth	273	WW
Mini Churros (Air Fryer) V	Skinnytaste Air Fryer Cookbook	Desserts	149	WW
Mini Pavlovas with Fresh Fruit V	The Skinnytaste Cookbook	Skinny Sweet Tooth	307	WW
Piña Colada Chia Pudding V	The Skinnytaste Cookbook	Skinny Sweet Tooth	302	WW
Roasted Peaches with Ice Cream (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Desserts	154	WW
Silky Chocolate Cream Pie Q V	The Skinnytaste Cookbook	Skinny Sweet Tooth	295	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow Cooker Blueberry Slump (Slow cooker) GF V	Skinnytaste Fast & Slow	The Sweeter Side	295	WW
Slow Cooker Peach-Strawberry Crumble (Slow cooker) GF Q V	Skinnytaste Fast & Slow	The Sweeter Side	288	WW
Slow Cooker Pumpkin Flan (Slow cooker) GF V	Skinnytaste Fast & Slow	The Sweeter Side	298	WW
Slow Cooker Triple-Almond Flourless Brownies (Slow cooker) V	Skinnytaste Fast & Slow	The Sweeter Side	296	WW
Slow Cooker Vanilla Bean Pear Butter (Slow cooker) GF V	Skinnytaste Fast & Slow	The Sweeter Side	291	WW
Summer Berry Cobbler GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	304	WW
Sweet Plum Custard GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	312	WW
Vanilla Bean Cheesecake Shooters DF GF Q V	Skinnytaste Fast & Slow	The Sweeter Side	287	WW
Very Berry Mini Pie (Air Fryer) Q V	Skinnytaste Air Fryer Cookbook	Desserts	146	WW
Warm Apple-Pear Crumble GF	The Skinnytaste Cookbook	Skinny Sweet Tooth	298	WW
Watermelon Lime Granita GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	310	WW

## Fish



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Air Fryer Crispy Salmon Nuggets (Air Fryer) AF DF GF Q	Skinnytaste Simple	From the Sea	228	WW




RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Fish and Chips DF GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	212	WW
Broiled Fish with Salsa Verde DF GF Q	Skinnytaste Simple	From the Sea	232	WW
Broiled Whole Porgies DF GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	219	WW
Cilantro-Lime Shrimp GF Q	The Skinnytaste Cookbook	Fabulous Fish	225	WW
Crab-Stuffed Shrimp (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	113	WW
Crispy Beach Fish Tacos (Air fryer) DF GF Q	Skinnytaste One & Done	Air Fryer	197	WW
Crispy Codfish Cakes with Horseradish Cream (Air fryer) DF GF Q	Skinnytaste One & Done	Air Fryer	208	WW
Crispy Salmon Fish Sticks with Lime-Dill Dipping Sauce (Air fryer) DF GF Q	Skinnytaste One & Done	Air Fryer	201	WW
Easy Broccolini Flounder Bake GF Q	The Skinnytaste Cookbook	Fabulous Fish	216	WW
Flounder Milanese DF GF Q	Skinnytaste Simple	From the Sea	244	WW
Garlic-Turmeric Salmon with Rainbow Carrots, Cauliflower, and Lemon (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	105	WW
Garlicky Lemon Shrimp and Broccolini Stir-Fry Q	The Skinnytaste Cookbook	Fabulous Fish	228	WW
Garlicky Shrimp with Smashed Chickpea "Mofongo" (Skillet) GF Q V	Skinnytaste One & Done	Skillet	50	WW
Grilled Swordfish with Summer Succotash and Basil Oil (Grill pan) GF	Skinnytaste One & Done	Grill Pan	288	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Kiss My (Shrimp and) Grits GF Q	The Skinnytaste Cookbook	Fabulous Fish	219	WW
Lemon Parmesan Shrimp with Broccoli and Cauliflower (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	114	WW
Lemon-Roasted Fish and Cauli-Rice (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	106	WW
Mahi Mahi Fish Tacos with Spicy Avocado Cream GF Q	The Skinnytaste Cookbook	Fabulous Fish	222	WW
Mediterranean Shrimp and Pearl Couscous (Skillet) GF Q V	Skinnytaste One & Done	Skillet	67	WW
Miso Black Cod with Shiitakes and Bok Choy (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	109	WW
Mussels in Garlicky White Wine Sauce (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	235	WW
Pesce Primavera (Baking dish) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	110	WW
Red Snapper with Tomatoes and Olives DF GF Q	Skinnytaste Simple	From the Sea	235	WW
Roasted Asian Striped Bass GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	216	WW
Salmon Salad with Green Beans and Egg (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	159	WW
Seafood and Chicken Paella (Skillet) DF GF Q	Skinnytaste One & Done	Skillet	51	WW
Seafood Fried Brown Rice (Skillet) DF GF	Skinnytaste One & Done	Skillet	55	WW
Sheet Pan Teriyaki Salmon and Asparagus (Sheet Pan) DF GF Q	Skinnytaste Simple	From the Sea	223	WW








RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Shrimp and Artichoke Quinoa Bowls DF GF Q	Skinnytaste Fast & Slow	One-Bowl Meals	89	WW
Shrimp Quesadillas with Stuffed Avocados (Skillet) GF Q	Skinnytaste One & Done	Skillet	46	WW
Skillet Fish with Caramelized Shallots and Lemon Brown Butter Sauce GF Q	Skinnytaste Simple	From the Sea	227	WW
Skillet Lemon Sole with Tomatoes and Capers GF Q	The Skinnytaste Cookbook	Fabulous Fish	221	WW
Skinny Shrimp, Chicken, and Sausage Gumbo Q	The Skinnytaste Cookbook	Fabulous Fish	234	WW
Slow Cooker Poached Salmon with Meyer Lemon, Capers, and Parsley (Slow cooker) DF GF	Skinnytaste Fast & Slow	Fish and Seafood Mains	222	WW
Slow Cooker Shrimp à la Criolla (Slow cooker) DF GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	220	WW
Spanish Seafood Stew GF Q	The Skinnytaste Cookbook	Fabulous Fish	232	WW
Spicy Seared Tuna Sushi Bowls DF GF Q	Skinnytaste Fast & Slow	One-Bowl Meals	86	WW
Spicy Shrimp Tempura Roll Bowls (Air fryer) DF	Skinnytaste One & Done	Air Fryer	206	WW
Striped Bass with Garlic Crumb Topping GF Q	The Skinnytaste Cookbook	Fabulous Fish	227	WW
Sweet 'n' Spicy Salmon with Stir-Fried Veggies DF GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	211	WW
Sweet 'n' Spicy Sriracha-Glazed Salmon	The Skinnytaste Cookbook	Fabulous Fish	215	WW
Thai Coconut Mussels GF Q	The Skinnytaste Cookbook	Fabulous Fish	231	WW
Veggie-Stuffed Flounder Sheet Pan Dinner GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	215	WW
















RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Wild Salmon with Avocado-Basil Salad (Air fryer) 	Skinnytaste One & Done	Air Fryer	198	<a href="#">WW</a>
Zesty Lime Shrimp and Avocado Salad 	Skinnytaste Fast & Slow	Fish and Seafood Mains	208	<a href="#">WW</a>

## Fish, Lean Meats

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Grilled Surf and Turf with Asparagus and Herb Butter (Grill pan) 	Skinnytaste One & Done	Grill Pan	286	<a href="#">WW</a>

## Freezer Favorites: Meat & Seafood

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Autumn Stuffed Acorn Squash 	Skinnytaste Meal Prep	Chicken & Other Poultry	221	<a href="#">WW</a>
Chicken and Chickpea Stew (Slow Cooker, Instant Pot) 	Skinnytaste Meal Prep	Soups & Chilis	209	<a href="#">WW</a>
Chicken Orzo Soup with Dill (Instant Pot) 	Skinnytaste Meal Prep	Soups & Chilis	210	<a href="#">WW</a>
DIY Chicken Taco Kits 	Skinnytaste Meal Prep	Chicken & Other Poultry	217	<a href="#">WW</a>
Freezer Chicken Black Bean Burritos (Slow Cooker) 	Skinnytaste Meal Prep	Chicken & Other Poultry	198	<a href="#">WW</a>
Freezer-to-Instant Pot Chicken and Dumpling Soup (Instant Pot) 	Skinnytaste Meal Prep	Soups & Chilis	195	<a href="#">WW</a>
Freezer-to-Instant Pot Cream of Chicken and Wild Rice Soup (Instant Pot) 	Skinnytaste Meal Prep	Soups & Chilis	201	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Freezer to Instant Pot Thai Chicken with Butternut Squash (Instant Pot) 	Skinnytaste Meal Prep	Chicken & Other Poultry	202	<a href="#">WW</a>
Frozen Fish Sticks with Dill Tartar Sauce (Air Fryer) 	Skinnytaste Meal Prep	Fish	242	<a href="#">WW</a>
Greek Lemon Marinade 	Skinnytaste Meal Prep	Chicken & Other Poultry	192	<a href="#">WW</a>
Honey-Soy Marinade 	Skinnytaste Meal Prep	Chicken & Other Poultry	192	<a href="#">WW</a>
Indian-Inspired Shepherd's Pie 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	230	<a href="#">WW</a>
Instant Pot Cajun Red Beans and Rice (Instant Pot) 	Skinnytaste Meal Prep	Meatless Main	205	<a href="#">WW</a>
Instant Pot Chicken and Shrimp Gumbo (Instant Pot) 	Skinnytaste Meal Prep	Chicken & Other Poultry	206	<a href="#">WW</a>
Italian Marinade 	Skinnytaste Meal Prep	Chicken & Other Poultry	192	<a href="#">WW</a>
Italian Stuffed Jalapeno Peppers 	Skinnytaste Meal Prep	Chicken & Other Poultry	218	<a href="#">WW</a>
Lentil Soup with Bacon 	Skinnytaste Meal Prep	Soups & Chilis	241	<a href="#">WW</a>
Low Country Boil Foil Packets 	Skinnytaste Meal Prep	Seafood	234	<a href="#">WW</a>
Maple-Dijon Soy Marinade 	Skinnytaste Meal Prep	Chicken & Other Poultry	192	<a href="#">WW</a>
Moussaka Makeover 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	233	<a href="#">WW</a>
Pollo Guisado (Instant Pot) 	Skinnytaste Meal Prep	Chicken & Other Poultry	214	<a href="#">WW</a>
Shawarma Marinade 	Skinnytaste Meal Prep	Chicken & Other Poultry	192	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Sicilian Rice Ball (Arancini) Casserole FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	226	WW
Slow Cooker BBQ Brisket (Slow Cooker) DF FM GF SC	Skinnytaste Meal Prep	Beef, Pork, & Lamb	237	WW
Slow Cooker White Bean Chicken Chili (Slow Cooker) DF FM GF PC SC	Skinnytaste Meal Prep	Soups & Chilis	213	WW
Sofrito Stuffed Cabbage Rolls DF FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	222	WW
Southwest Salmon Burgers AF DF FM	Skinnytaste Meal Prep	Fish	245	WW
Turkey Cheeseburger Egg Rolls (Air Fryer) AF FM	Skinnytaste Meal Prep	Chicken & Other Poultry	229	WW
Turkey Taquitos FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	225	WW
Winter Brisket and Barley Soup (Instant Pot) DF FM PC	Skinnytaste Meal Prep	Soups & Chilis	238	WW












## Freezer Favorites: Vegetarian

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Spinach Stuffed Shells FM V	Skinnytaste Meal Prep	Meatless Main	170	WW
Best Enchilada Sauce	Skinnytaste Meal Prep	Sauces	185	WW
Black Bean and Butternut Enchilada Bake FM GF V	Skinnytaste Meal Prep	Meatless Main	185	WW
Broccoli Grilled Cheese FM GF V	Skinnytaste Meal Prep	Meatless Main	165	WW
Carrot Tomato Ginger Soup DF FM GF V	Skinnytaste Meal Prep	Soups & Chilis	169	WW



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chickpea Spinach Tomato Curry DF FM GF Q V	Skinnytaste Meal Prep	Meatless Main	173	WW
Eggplant Parmesan FM GF V	Skinnytaste Meal Prep	Meatless Main	174	WW
Falafel Chickpea Burgers FM GF V	Skinnytaste Meal Prep	Meatless Main	189	WW
Ribollita Soup DF FM Q V	Skinnytaste Meal Prep	Soups & Chilis	160	WW
Roasted Vegetable Lasagna FM V	Skinnytaste Meal Prep	Meatless Main	181	WW
Slow Cooker Coconut Red Curry Butternut Soup (Slow Cooker) DF FM GF SC V	Skinnytaste Meal Prep	Soups & Chilis	166	WW
Tomato Basil Soup FM GF V	Skinnytaste Meal Prep	Soups & Chilis	163	WW
Torta Pasqualina (Spinach Pie) FM GF V	Skinnytaste Meal Prep	Meatless Main	178	WW
Zucchini Pupusas FM GF V	Skinnytaste Meal Prep	Meatless Main	182	WW
Zucchini Rollatini FM GF V	Skinnytaste Meal Prep	Meatless Main	177	WW

## Hearty Salads

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Cauliflower Tabbouleh Bowls with Chickpeas and Hummus DF GF Q V	Skinnytaste Meal Prep	Meatless Main	82	WW
Cold Soba Sesame Salad DF GF Q V	Skinnytaste Meal Prep	Salad	85	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Fiesta Quinoa Salad (Instant Pot) 	Skinnytaste Meal Prep	Salad	89	<a href="#">WW</a>
Food Cart-Style Chicken Salad with White Sauce 	Skinnytaste Meal Prep	Chicken & Other Poultry	69	<a href="#">WW</a>
Greek Chickpea Salad 	Skinnytaste Meal Prep	Salad	78	<a href="#">WW</a>
Grilled Shrimp with Cucumber Chickpea Salad 	Skinnytaste Meal Prep	Salad	73	<a href="#">WW</a>
Instant Pot Beet Salad with Citrus and Orange Ricotta (Instant Pot) 	Skinnytaste Meal Prep	Salad	86	<a href="#">WW</a>
Ramen Salad Bowls with Grilled Chicken 	Skinnytaste Meal Prep	Chicken & Other Poultry	66	<a href="#">WW</a>
Shrimp Salad with Dill 	Skinnytaste Meal Prep	Seafood	74	<a href="#">WW</a>
Surf and Turf Salad with Gorgonzola and Bacon 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	81	<a href="#">WW</a>
Taco Salad Meal Prep 	Skinnytaste Meal Prep	Salad	70	<a href="#">WW</a>
Tuna and White Bean Salad 	Skinnytaste Meal Prep	Salad	77	<a href="#">WW</a>
Vegan Hummus Kale Wraps 	Skinnytaste Meal Prep	Meatless Main	90	<a href="#">WW</a>







## Lean Meats

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Beef Bibimbap Bowls with Riced Carrots (Skillet) 	Skinnytaste One & Done	Skillet	60	<a href="#">WW</a>
Brazilian Black Beans with Collard Greens 	Skinnytaste Fast & Slow	Meat Lover Mains	185	<a href="#">WW</a>















RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Carne Asada Fries (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	102	WW
Cheesy Pork Chops with Mushrooms and Wilted Spinach (Skillet) GF Q	Skinnytaste One & Done	Skillet	45	WW
Colombian Carne Asada with Ají Picante GF	The Skinnytaste Cookbook	Lean Meat Dishes	194	WW
Crispy Breaded Pork Chops (Air fryer) Q	Skinnytaste One & Done	Air Fryer	190	WW
Cubano-Style Stuffed Pork Tenderloin GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	205	WW
Dad's Czech Meat Patties with Potatoes and Cucumber Salad (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	101	WW
Egg Roll Bowls DF GF Q	Skinnytaste Fast & Slow	One-Bowl Meals	85	WW
Fork-and-Knife Cheeseburgers	Skinnytaste Fast & Slow	Meat Lover Mains	181	WW
Garlic-Dijon Roasted Pork Tenderloin with Potatoes and Green Beans (Baking dish) DF GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	98	WW
Grilled Lamb Chops with Mint Chimichurri (Grill pan) GF	Skinnytaste One & Done	Grill Pan	285	WW
Grilled Lamb Chops with Mint Yogurt Sauce	The Skinnytaste Cookbook	Lean Meat Dishes	202	WW
Grilled Lamb Skewers with Harissa Dipping Sauce GF	The Skinnytaste Cookbook	Lean Meat Dishes	206	WW
Grilled Veal Chop Milanese with Arugula Salad DF GF Q	Skinnytaste Fast & Slow	Meat Lover Mains	187	WW
Italian Stuffed Cubanelle Peppers (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	255	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
London Broil with Tomatoes, Red Onion, and Balsamic (Air fryer) Q	Skinnytaste One & Done	Air Fryer	194	WW
Mongolian Beef and Broccoli GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	190	WW
Noodle-Less Zucchini Lasagna GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	209	WW
Open-Faced French Onion Burgers (Skillet) GF Q V	Skinnytaste One & Done	Skillet	71	WW
Perfect Medium-Rare Roast Beef in the Slow Cooker (Slow cooker) DF GF	Skinnytaste Fast & Slow	Meat Lover Mains	196	WW
Philly Cheesesteak Egg Rolls (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	193	WW
Pork Chops Pizzaiola with Arugula Salad (Skillet) GF	Skinnytaste One & Done	Skillet	42	WW
Pork Tenderloin with Potatoes and Caraway Seeds GF Q	Skinnytaste Fast & Slow	Meat Lover Mains	191	WW
Pot Roast with Potatoes and Vegetables (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	262	WW
Roasted Brussels Bowls with Spicy Sausage DF GF Q	Skinnytaste Fast & Slow	One-Bowl Meals	82	WW
Roasted Sausage, Peppers, and Potatoes (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	89	WW
Ropa Vieja (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	267	WW
Skillet Pork Chops with Braised Fennel and Shallots Q	Skinnytaste Fast & Slow	Meat Lover Mains	188	WW
Skinny Salisbury Steak with Mushroom Gravy GF	The Skinnytaste Cookbook	Lean Meat Dishes	201	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow Cooker Asian Pork with Mushrooms (Slow cooker) 	Skinnytaste Fast & Slow	Meat Lover Mains	205	<a href="#">WW</a>
Slow Cooker Banh Mi Rice Bowls (Slow cooker) 	Skinnytaste Fast & Slow	One-Bowl Meals	94	<a href="#">WW</a>
Slow Cooker Brisket with Onions (Slow cooker) 	Skinnytaste Fast & Slow	Meat Lover Mains	192	<a href="#">WW</a>
Slow Cooker Carne Desmechada (Slow cooker) 	Skinnytaste Fast & Slow	Meat Lover Mains	195	<a href="#">WW</a>
Slow Cooker Goulash with Sauerkraut (Slow cooker) 	Skinnytaste Fast & Slow	Meat Lover Mains	202	<a href="#">WW</a>
Slow-Cooker Mexican Pork Carnitas (Slow cooker) 	The Skinnytaste Cookbook	Lean Meat Dishes	197	<a href="#">WW</a>
Slow Cooker Osso Buco (Slow cooker) 	Skinnytaste Fast & Slow	Meat Lover Mains	199	<a href="#">WW</a>
Slow Cooker Pernil (Slow cooker) 	Skinnytaste Fast & Slow	Meat Lover Mains	203	<a href="#">WW</a>
Slow-Cooker Picadillo (Slow cooker) 	The Skinnytaste Cookbook	Lean Meat Dishes	193	<a href="#">WW</a>
Slow Cooker Stuffed Cabbage Rolls (Slow cooker) 	Skinnytaste Fast & Slow	Meat Lover Mains	200	<a href="#">WW</a>
Spicy Lamb Korma (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	268	<a href="#">WW</a>
Steak and Onions 	Skinnytaste Fast & Slow	Meat Lover Mains	182	<a href="#">WW</a>
Sunday Night Roast Beef and Gravy 	The Skinnytaste Cookbook	Lean Meat Dishes	211	<a href="#">WW</a>
Teriyaki-Glazed Grilled Pork Chops with Pineapple Salsa 	The Skinnytaste Cookbook	Lean Meat Dishes	198	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Unstuffed Cabbage Bowls (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	157	<a href="#">WW</a>

## Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
10-Minute Crispy Rice with Fried Eggs 	Skinnytaste Simple	Veggie Mains	136	<a href="#">WW</a>
Baked Eggplant Parmesan Stacks 	Skinnytaste Fast & Slow	Meatless Mains	237	<a href="#">WW</a>
Baked Pears with Greens, Blue Cheese, and Pecans 	Skinnytaste Fast & Slow	Meatless Mains	234	<a href="#">WW</a>
Black Bean Burrito Bowls 	The Skinnytaste Cookbook	Meatless Mains	251	<a href="#">WW</a>
Breaded Cauliflower Nuggets (Air fryer) 	Skinnytaste One & Done	Air Fryer	185	<a href="#">WW</a>
Butternut Squash Lasagna Rolls 	The Skinnytaste Cookbook	Meatless Mains	248	<a href="#">WW</a>
Cacio e Pepe Roasted Spaghetti Squash (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	118	<a href="#">WW</a>
Caprese Portobello Pizzas (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	83	<a href="#">WW</a>
Cheesy Baked Penne with Eggplant 	The Skinnytaste Cookbook	Meatless Mains	254	<a href="#">WW</a>
Chickpea and Potato Curry 	The Skinnytaste Cookbook	Meatless Mains	260	<a href="#">WW</a>
Coconut Red Curry Lentils 	Skinnytaste Simple	Veggie Mains	116	<a href="#">WW</a>
Coconut Veggie Curry 	Skinnytaste Fast & Slow	Meatless Mains	241	<a href="#">WW</a>












RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Creamy Carrot Farrotto GF V	The Skinnytaste Cookbook	Meatless Mains	245	WW
Crustless Swiss Chard Pie GF Q V	The Skinnytaste Cookbook	Meatless Mains	240	WW
Curry-Roasted Vegetables and Chickpeas with Mint-Cilantro Chutney (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	117	WW
Dad's Peppers and Egg Sandwiches GF Q V	Skinnytaste Fast & Slow	Meatless Mains	242	WW
Easiest One-Pot Pasta and Broccoli GF Q V	Skinnytaste Fast & Slow	Meatless Mains	238	WW
Greek Panzanella Salad Q V	Skinnytaste Fast & Slow	Meatless Mains	233	WW
Grilled Cheese with Havarti, Brussels Sprouts, and Apple GF Q V	Skinnytaste Fast & Slow	Meatless Mains	229	WW
Grilled Halloumi and Veggies with Mint-Yogurt Sauce (Grill pan) GF Q V	Skinnytaste One & Done	Grill Pan	296	WW
Grilled Vegetable Caprese Salad DF GF	Skinnytaste Fast & Slow	Meatless Mains	226	WW
Indian Butter Chickpeas (Slow cooker) DF GF V	Skinnytaste One & Done	Slow Cooker	273	WW
Jalapeño Popper Frittata with Pico de Gallo (Skillet) GF Q	Skinnytaste One & Done	Skillet	56	WW
Lentils and Rice with Caramelized Onions GF V	Skinnytaste Simple	Veggie Mains	121	WW
Margherita Pizzas (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	209	WW
Peanut Butter Curry Noodles DF GF Q V	Skinnytaste Simple	Veggie Mains	124	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Pot-in-Pot Puerto Rican Rice and Beans (Pressure cooker) GF V	Skinnytaste One & Done	Pressure Cooker	166	WW
Quinoa-Stuffed Peppers V	The Skinnytaste Cookbook	Meatless Mains	242	WW
Salad Pizza Q V	Skinnytaste Fast & Slow	Meatless Mains	230	WW
Sheet Pan BBQ Tofu and Broccoli (Sheet Pan) DF GF Q V	Skinnytaste Simple	Veggie Mains	128	WW
Sheet Pan Eggplant Lasagna GF V	Skinnytaste Simple	Veggie Mains	135	WW
Skillet Spinach and Feta Pie (Skillet) DF GF Q	Skinnytaste One & Done	Skillet	63	WW
Skinny Broccoli Mac and Cheese GF V	The Skinnytaste Cookbook	Meatless Mains	257	WW
Slow Cooker Chana Masala (Slow cooker) GF V	Skinnytaste Fast & Slow	Meatless Mains	248	WW
Slow Cooker Loaded "Baked" Sweet Potatoes (Slow cooker) Q V	Skinnytaste Fast & Slow	Meatless Mains	246	WW
Spicy Black Bean Burgers with Chipotle Mayo GF V	The Skinnytaste Cookbook	Meatless Mains	261	WW
Spinach Falafel Lettuce Wraps V	The Skinnytaste Cookbook	Meatless Mains	258	WW
Stuffed Artichokes with Bread Crumbs and Tomato Caper Sauce (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	160	WW
Sunny-Side-Up Egg and Avocado Rice Bowls GF Q	Skinnytaste Fast & Slow	One-Bowl Meals	90	WW
Tricolor Summer Penne	The Skinnytaste Cookbook	Meatless Mains	239	WW


RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Weeknight Veggie Burgers DF FF GF V	Skinnytaste Simple	Veggie Mains	131	WW
White Pizza with Spinach V	Skinnytaste Simple	Veggie Mains	127	WW
Whole Roasted Cauliflower Parmesan GF V	Skinnytaste Simple	Veggie Mains	132	WW
Zucchini "Meatballs" DF Q V	Skinnytaste Fast & Slow	Meatless Mains	245	WW

## Mix & Match Bowls

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Banh Mi Turkey Meatball Rice Bowls DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	118	WW
California Roll Bowls DF GF Q	Skinnytaste Meal Prep	Meatless Main	129	WW
Chicken Larb Bowls DF GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	105	WW
Chili-Lime Chicken and Black Bean Cauli-Bowls DF GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	110	WW
Chimichurri DF GF Q V	Skinnytaste Meal Prep	Sauces	101	WW
Greek Chicken Pilaf Bowls GF	Skinnytaste Meal Prep	Chicken & Other Poultry	109	WW
Juicy Italian Chicken Meatballs FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	102	WW
Kofta Meatball Couscous Bowls DF FM Q	Skinnytaste Meal Prep	Beef, Pork, & Lamb	122	WW
Korean Beef and Rice Bowls DF FM GF Q	Skinnytaste Meal Prep	Beef, Pork, & Lamb	125	WW
























RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Pesto Chicken and Roasted Veggie Farro Bowls	Skinnytaste Meal Prep	Chicken & Other Poultry	117	<a href="#">WW</a>
Pico de Gallo 	Skinnytaste Meal Prep	Sauces	101	<a href="#">WW</a>
Roasted Cauliflower Shawarma Lettuce Wraps 	Skinnytaste Meal Prep	Meatless Main	130	<a href="#">WW</a>
Roasted Veggie and Barley Buddha Bowl 	Skinnytaste Meal Prep	Meatless Main	126	<a href="#">WW</a>
Roasted Winter Veggie Quinoa Bowls 	Skinnytaste Meal Prep	Meatless Main	134	<a href="#">WW</a>
Sheet Pan Mediterranean Chicken and Veggies 	Skinnytaste Meal Prep	Chicken & Other Poultry	113	<a href="#">WW</a>
Slow Cooker Chicken Enchilada Rice Bowls (Slow Cooker) 	Skinnytaste Meal Prep	Chicken & Other Poultry	106	<a href="#">WW</a>
Smashed Broccoli Pecorino Farro Bowls 	Skinnytaste Meal Prep	Meatless Main	133	<a href="#">WW</a>
Spicy Peanut-Hoisin Sauce 	Skinnytaste Meal Prep	Sauces	101	<a href="#">WW</a>
Spinach Arugula Pesto 	Skinnytaste Meal Prep	Sauces	101	<a href="#">WW</a>
Stuffed Chicken Parmesan and Asparagus 	Skinnytaste Meal Prep	Chicken & Other Poultry	114	<a href="#">WW</a>
Thai Shrimp Cakes with Cucumber Salad 	Skinnytaste Meal Prep	Salad	121	<a href="#">WW</a>

## Pasta & Zoodles

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
American-Style Cheesy Beef Goulash and Macaroni (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	152	<a href="#">WW</a>



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Butternut Squash Noodles with Pancetta and Poached Egg (Spiralizer) GF Q	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	109	WW
Cheesy Turkey Taco Chili Mac (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	223	WW
Chicken and Zucchini Noodles with Black Bean Sauce (Spiralizer) DF GF Q	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	102	WW
Chicken Fajita Pasta (Dutch oven) GF Q	Skinnytaste One & Done	Dutch Oven	219	WW
Cold Peanut-Sesame Chicken and Spiralized Cucumber Noodle Salad (Spiralizer) DF GF Q V	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	101	WW
Creamy Butternut Pasta with Spicy Sausage and Spinach (Dutch oven) GF V	Skinnytaste One & Done	Dutch Oven	215	WW
Gnocchi with Sausage and Garlicky Broccoli Rabe (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	216	WW
Instant Spaghetti and Meat Sauce (Pressure cooker) GF Q	Skinnytaste One & Done	Pressure Cooker	143	WW
Lazy Veggie Lasagna (Skillet) GF Q	Skinnytaste One & Done	Skillet	68	WW
Quickest Gnocchi Bolognese (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	147	WW
Shrimp and Summer Squash Noodles Baked in Foil (Spiralizer) GF Q	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	106	WW
Slow Cooker Beef Ragù with Pappardelle (Slow cooker) GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	123	WW
Slow Cooker Bolognese Sauce (Slow cooker) GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	120	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow Cooker Chicken Cacciatore (Slow cooker) 	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	112	
Slow Cooker Hamburger Stroganoff (Slow cooker)	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	119	
Slow Cooker Italian Turkey-Zucchini Meatballs (Slow cooker) 	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	116	
Slow Cooker Pollo in Potacchio (Slow cooker) 	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	115	
Slow Cooker Spicy Harissa Lamb Ragu with Penne (Slow cooker)  	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	111	
Spicy Carrot "Fideos" Secos (Skillet)  	Skinnytaste One & Done	Skillet	59	
Spinach and Cheese Manicotti (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	271	
Spiralized Beet Salad with Seared Scallops and Orange (Spiralizer)  	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	110	
Summer Veggie Zucchini Noodles with Burrata (Skillet)  	Skinnytaste One & Done	Skillet	49	
Veggie-Loaded Zucchini Noodle Primavera (Skillet) 	Skinnytaste One & Done	Skillet	64	
Zoodles with Shrimp and Feta (Spiralizer)  	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	105	

## Pastas

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Creamy Chicken and Spinach Tri-Colore Pasta GF Q	Skinnytaste Simple	Poultry Picks	173	WW
Instant Pot "Baked" Ziti with Spinach (Instant Pot) Q V	Skinnytaste Simple	Veggie Mains	115	WW
Instant Pot Spaghetti Rings with Beef (Instant Pot) DF GF Q	Skinnytaste Simple	Meat Lovers	205	WW
One-Pot Chicken Sausage Pasta GF Q	Skinnytaste Simple	Poultry Picks	149	WW
One-Pot Creamy Gnocchi with Chicken and Leeks GF Q	Skinnytaste Simple	Poultry Picks	185	WW
Pasta with Roasted Cauliflower and Garlicky Toasted Bread Crumbs GF V	Skinnytaste Simple	Veggie Mains	119	WW

## Poultry

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Kielbasa, Veggie, and Pierogi Dinner DF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	66	WW
Korean-Style Chicken Rice Bowls with Napa Slaw DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	62	WW
Soy-Glazed Boneless Chicken Thighs DF GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	65	WW
Spicy Fried Chicken Crunch Wraps Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	82	WW
Chicken Plantain Sandwich (Jibarito de Pollo) DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	40	WW
Honey Mustard Chicken Tenders DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	45	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Pistachio-Crusted Chicken Cutlets GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	42	WW
Cajun-Spiced Fried Chicken GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	49	WW
Chicken Caprese GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	50	WW
My Signature Wings DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	46	WW
Argentinian Sausage Sandwich with Chimichurri (Choripán) DF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	58	WW
Juicy Chicken Breasts DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	61	WW
Hawaiian BBQ-Inspired Drumsticks DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	73	WW
Sausage and Pepper Egg Rolls DF FM Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	69	WW
Swedish Turkey Meatballs GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	70	WW
Roasted Turkey Breast DF FM GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	81	WW
Feta-Brined Stufreezer-mealsed Chicken Breasts GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	74	WW
Honey Sriracha Chicken and Vegetables DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	77	WW
One-Pot Balsamic Chicken, Asparagus, and Burst Tomatoes DF GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	78	WW
Chicken Satay Lettuce Wraps with Peanut Sauce DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	54	WW































RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Jalapeño-Cheddar Turkey Burgers DF FM GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	57	WW
Latin Roast Chicken (Pollochón) DF FM GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	53	WW

## Salads




























RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Avocado Caprese Salad with Blackened Shrimp GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	111	WW
Bacon-Wrapped BBQ Ranch Chicken Salad (Skillet) DF GF Q	Skinnytaste One & Done	Skillet	30	WW
Baja Grilled Flank Steak Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	139	WW
BLT Salad with Avocado GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	134	WW
Brussels Sprouts Salad with Grated Egg DF GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	96	WW
Buffalo Chicken Salad	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	129	WW
Chilled Caribbean Shrimp Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	143	WW
Coconut Chicken Salad with Warm Honey-Mustard Vinaigrette Q V	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	126	WW
Curried Chicken Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	132	WW
Greek Chickpea Salad GF V	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	146	WW
Grilled Calamari with Mediterranean Chickpea Salad (Grill pan) DF GF Q	Skinnytaste One & Done	Grill Pan	292	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Grilled Italian Steak Salad with Arugula (Grill Pan) GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	108	WW
Grilled Lemon-Chile Shrimp Summer Salad (Grill pan) DF GF Q	Skinnytaste One & Done	Grill Pan	289	WW
Grilled Peach and Watermelon Burrata Salad (Grill pan) DF GF Q	Skinnytaste One & Done	Grill Pan	295	WW
Grilled Portobello Spinach Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	145	WW
Grilled Scallop and Fennel Salad with Lemon Vinaigrette (Grill pan) DF GF Q	Skinnytaste One & Done	Grill Pan	291	WW
Roast Beef and Watercress Pasta Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	144	WW
Seared Tuna and Avocado Salad DF GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	107	WW
Spiralized Lemon-Basil Zucchini Mason Jar Salads (Spiralizer) DF GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	98	WW
Summer Mozzarella Prosciutto Salad GF Q	Skinnytaste Simple	Hearty Soups and Big Salads	104	WW
Summer Tomato Salad with Grilled Garlic Bread DF Q V	Skinnytaste Simple	On the Side	264	WW
Turkey Santa Fe Taco Salad with Avocado Crema GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	137	WW
Tuscan Panzanella Salad with Grilled Garlic Bread GF Q V	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	125	WW
Wild Salmon Salad with Balsamic-Caper Vinaigrette GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	133	WW

# Sandwiches



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Buffalo Chicken Melts 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	79	
Chicken Philly Cheesesteaks  	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	84	
Egg, Tomato, and Scallion Sandwiches 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	90	
French Bread Pizza Supreme  	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	92	
Greek Salad Pita Pizzas 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	82	
Grilled Steak Sandwiches 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	89	
Grilled Vegetable Sandwiches with Pesto Mayonnaise 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	95	
Pear and Brie Grilled Cheese  	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	91	
Roast Beef Sandwiches with Creamy Horseradish Spread 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	81	
Spicy Fried Chicken Sandwiches (Air fryer)   	Skinnytaste One & Done	Air Fryer	175	
Summer Lobster Rolls  	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	97	
Turkey Panini with Avocado, Spinach, and Roasted Peppers 	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	86	

## Seafood












RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Fried Fish Fillet Sandwiches 	Skinnytaste Air Fryer Dinners	Seafood	136	
Lobster Tails with Garlic-Paprika Butter 	Skinnytaste Air Fryer Dinners	Seafood	138	
Tzatziki Fish Tacos 	Skinnytaste Air Fryer Dinners	Seafood	140	
King Crab Legs with Garlic-Lemon Butter 	Skinnytaste Air Fryer Dinners	Seafood	117	
Mustard-Dill Salmon with Asparagus 	Skinnytaste Air Fryer Dinners	Seafood	114	
Bacon-Wrapped Scallops 	Skinnytaste Air Fryer Dinners	Seafood	121	
Sesame-Crusted Tuna with Wasabi Mayo 	Skinnytaste Air Fryer Dinners	Seafood	118	
Shrimp Tempura Sushi "Burritos" 	Skinnytaste Air Fryer Dinners	Seafood	122	
Fried Shrimp Po'Boy Wraps 	Skinnytaste Air Fryer Dinners	Seafood	130	
Gnocchi with Shrimp and Burst Tomatoes 	Skinnytaste Air Fryer Dinners	Seafood	133	
Sweet and Spicy Glazed Salmon 	Skinnytaste Air Fryer Dinners	Seafood	134	
Blackened Fish Tacos 	Skinnytaste Air Fryer Dinners	Seafood	129	
Cajun Shrimp Dinner 	Skinnytaste Air Fryer Dinners	Seafood	126	
Fried Catfish and Hushpuppies with Creamy Slaw	Skinnytaste Air Fryer Dinners	Seafood	124	



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Blackened Salmon with Cucumber-Avocado Salsa (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Seafood	111	WW
Butter-Poached Lobster Rolls Q	Skinnytaste Simple	From the Sea	243	WW
Crab Cake Sandwiches with Cajun Mayo (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Seafood	108	WW
Crispy Coconut Shrimp with Sweet Chili Mayo (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Seafood	102	WW
Fish Croquettes with Lemon-Dill Aioli (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Seafood	113	WW
Gingery Shrimp and Quinoa "Fried Rice" DF GF Q	Skinnytaste Simple	From the Sea	236	WW
Lemony Shrimp and Zucchini with Mint (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Seafood	106	WW
Mussels in Coconut-Tomato Broth DF GF Q	Skinnytaste Simple	From the Sea	224	WW
One-Pan Shrimp and Saffron Orzo DF Q	Skinnytaste Simple	From the Sea	231	WW
Roasted Fish with Lemon-Almond Crumbs (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Seafood	112	WW
Salmon Burgers with Lemon-Caper Remoulade (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Seafood	114	WW
Seared Scallops with Summer Couscous Q	Skinnytaste Simple	From the Sea	247	WW
Shrimp Empanadas (Air Fryer) Q	Skinnytaste Air Fryer Cookbook	Seafood	105	WW
Spicy Crab Sushi Stacks DF GF Q	Skinnytaste Simple	From the Sea	240	WW















RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Sweet and Spicy Shrimp Pineapple Boats 	Skinnytaste Simple	From the Sea	239	<a href="#">WW</a>
Tortilla Shrimp Tacos with Cilantro-Lime Slaw (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	107	<a href="#">WW</a>

## Sides











RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Crispy Polenta Rounds with Basil Oil 	Skinnytaste Air Fryer Dinners	Sides	160	<a href="#">WW</a>
Cheesy Broccoli Potato Patties 	Skinnytaste Air Fryer Dinners	Sides	151	<a href="#">WW</a>
Roasted Balsamic Asparagus 	Skinnytaste Air Fryer Dinners	Sides	152	<a href="#">WW</a>
Broccolini with Caesar-ish Dressing 	Skinnytaste Air Fryer Dinners	Sides	164	<a href="#">WW</a>
Lemon Potatoes 	Skinnytaste Air Fryer Dinners	Sides	168	<a href="#">WW</a>
Savory Sweet Potato Wedges 	Skinnytaste Air Fryer Dinners	Sides	167	<a href="#">WW</a>
Eggplant Fries 	Skinnytaste Air Fryer Dinners	Sides	156	<a href="#">WW</a>
Garlic Cheddar Biscuits 	Skinnytaste Air Fryer Dinners	Sides	159	<a href="#">WW</a>
Mushrooms with Frizzled Shallots and Bacon 	Skinnytaste Air Fryer Dinners	Sides	155	<a href="#">WW</a>
Red Curry Roasted Eggplant 	Skinnytaste Air Fryer Dinners	Sides	163	<a href="#">WW</a>
Blistered Asian-Style Green Beans 	Skinnytaste Air Fryer Dinners	Sides	148	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Golden Breaded Cauliflower Q V	Skinnytaste Air Fryer Dinners	Sides	144	WW
Smashed Potatoes DF GF Q V	Skinnytaste Air Fryer Dinners	Sides	147	WW
Balsamic Brussels Sprouts DF GF Q V	Skinnytaste Air Fryer Dinners	Sides	170	WW
Baked Sweet Plantains with Cheese DF GF Q V	Skinnytaste Fast & Slow	On the Side	259	WW
Braised Red Cabbage with Vinegar GF Q V	Skinnytaste Fast & Slow	On the Side	265	WW
Braised Swiss Chard DF GF Q V	Skinnytaste Simple	On the Side	252	WW
Burnt Broccoli GF Q V	Skinnytaste Fast & Slow	On the Side	255	WW
Cauliflower "Fried Rice" GF Q V	Skinnytaste Fast & Slow	On the Side	260	WW
Cheesy Baked Asparagus GF Q V	Skinnytaste Simple	On the Side	263	WW
Cheesy Cauliflower "Mash" GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	269	WW
Confetti Slaw GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	285	WW
Creamed Spinach with Mushrooms GF Q V	Skinnytaste Simple	On the Side	259	WW
Creamy Slow Cooker Buttermilk Mashed Potatoes (Slow cooker) DF GF Q V	Skinnytaste Fast & Slow	On the Side	273	WW
Grilled Mexican Corn Salad Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	289	WW
Grilled Vegetables with Whipped Feta GF Q V	Skinnytaste Simple	On the Side	267	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Irresistible Vegetable Medley GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	274	WW
Italian House Salad with Dijon Vinaigrette GF V	Skinnytaste Fast & Slow	On the Side	252	WW
Latin Yellow Rice DF GF Q V	Skinnytaste Simple	On the Side	256	WW
Lemon-Parsley Smashed Potatoes DF GF V	Skinnytaste Simple	On the Side	255	WW
Lemon-Roasted Asparagus GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	278	WW
Marinated Red Onions DF GF V	Skinnytaste Simple	Poultry Picks	159	WW
My House Salad, Made with Love V	The Skinnytaste Cookbook	Veggie-Licious Sides	267	WW
Pineapple Jicama Slaw GF Q V	Skinnytaste Fast & Slow	On the Side	269	WW
Quinoa Tabbouleh GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	287	WW
Roasted Acorn Squash with Parmesan GF Q V	Skinnytaste Fast & Slow	On the Side	263	WW
Roasted Sesame Green Beans GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	272	WW
Roasted Winter Beets and Red Potatoes GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	279	WW
Sautéed Broccoli Rabe with Garlic and Oil GF Q	The Skinnytaste Cookbook	Veggie-Licious Sides	284	WW
Seasoned Sweet Potato Wedges GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	277	WW
Sesame Roasted Cabbage Steaks DF GF Q V	Skinnytaste Fast & Slow	On the Side	270	WW









































RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Sheet Pan Balsamic Brussels Sprouts with Grapes and Shallots (Sheet Pan) 	Skinnytaste Simple	On the Side	260	<a href="#">WW</a>
Shredded Brussels Sprouts with Prosciutto 	The Skinnytaste Cookbook	Veggie-Licious Sides	283	<a href="#">WW</a>
Skillet Corn Bread with Zucchini 	Skinnytaste Simple	On the Side	251	<a href="#">WW</a>
Slow Cooker Sausage-Herb Stuffing (Slow cooker) 	Skinnytaste Fast & Slow	On the Side	274	<a href="#">WW</a>
Spaghetti Squash with Garlic and Oil 	Skinnytaste Fast & Slow	On the Side	266	<a href="#">WW</a>
Squashta (Spaghetti Squash) 	The Skinnytaste Cookbook	Veggie-Licious Sides	268	<a href="#">WW</a>
Summer Pearl Couscous 	The Skinnytaste Cookbook	Veggie-Licious Sides	288	<a href="#">WW</a>
Sweet Maple-Roasted Acorn Squash 	The Skinnytaste Cookbook	Veggie-Licious Sides	280	<a href="#">WW</a>
Tangy Carrot Ribbon Salad 	The Skinnytaste Cookbook	Veggie-Licious Sides	275	<a href="#">WW</a>
Thyme-Roasted Carrot Fries 	Skinnytaste Simple	On the Side	268	<a href="#">WW</a>
Turmeric-Roasted Cauliflower 	The Skinnytaste Cookbook	Veggie-Licious Sides	270	<a href="#">WW</a>
Vegetable Fried Brown Rice 	The Skinnytaste Cookbook	Veggie-Licious Sides	273	<a href="#">WW</a>
Whipped Parmesan Cauliflower Puree 	Skinnytaste Fast & Slow	On the Side	264	<a href="#">WW</a>
Zucchini Wedges with Lemon and Fresh Oregano 	Skinnytaste Fast & Slow	On the Side	256	<a href="#">WW</a>

## Smart Snacks

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Air-Popped Popcorn with Sea Salt 	Skinnytaste Meal Prep	Appetizers & Snacks	149	<a href="#">WW</a>
BBQ Roasted Green Peas 	Skinnytaste Meal Prep	Appetizers & Snacks	146	<a href="#">WW</a>
Buffalo Chicken-Stuffed Celery Sticks 	Skinnytaste Meal Prep	Appetizers & Snacks	141	<a href="#">WW</a>
California Tuna Salad Stuffed Cucumber 	Skinnytaste Meal Prep	Appetizers & Snacks	142	<a href="#">WW</a>
Deviled Eggs with Lox 	Skinnytaste Meal Prep	Appetizers & Snacks	138	<a href="#">WW</a>
DIY Protein Bistro Snack Boxes 	Skinnytaste Meal Prep	Appetizers & Snacks	154	<a href="#">WW</a>
"Everything" Nuts 	Skinnytaste Meal Prep	Appetizers & Snacks	150	<a href="#">WW</a>
PB + J Healthy Oatmeal Cookies 	Skinnytaste Meal Prep	Appetizers & Snacks	153	<a href="#">WW</a>
Pumpkin Hummus 	Skinnytaste Meal Prep	Appetizers & Snacks	157	<a href="#">WW</a>
Zucchini Chips 	Skinnytaste Meal Prep	Appetizers & Snacks	145	<a href="#">WW</a>

## Soups & Chilis
























RECIPE	COOKBOOK	CHAPTER	PAGE	WW
15-Minute Turkey-Bean Chili 	Skinnytaste Simple	Poultry Picks	163	<a href="#">WW</a>
Aztec Chicken, Quinoa, and Avocado Soup 	The Skinnytaste Cookbook	Soups & Chilis	66	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Bacalao (Salt Cod) and Potato Stew (Dutch oven) 	Skinnytaste One & Done	Dutch Oven	231	
Beef Stock in the Slow Cooker (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	73	
Beef Stroganoff Noodle Soup (Pressure cooker)  	Skinnytaste One & Done	Pressure Cooker	151	
Beef, Tomato, and Acini di Pepe Soup (Pressure cooker)  	Skinnytaste One & Done	Pressure Cooker	155	
Breadless French Onion Soup with Parmesan-Asiago Crisps  	The Skinnytaste Cookbook	Soups & Chilis	55	
Cabbage Soup with Sausage and White Beans  	Skinnytaste Simple	Hearty Soups and Big Salads	100	
Caldo de Papa (Potato and Short Rib Soup) (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	148	
Caramelized Onion Soup with Cauliflower and Melted Gruyère (Dutch oven)   	Skinnytaste One & Done	Dutch Oven	228	
Cauliflower Cheddar Soup   	Skinnytaste Simple	Hearty Soups and Big Salads	83	
Chicken and Lentil Soup (Pressure cooker)  	Skinnytaste One & Done	Pressure Cooker	127	
Chicken Pot Pie Soup 	The Skinnytaste Cookbook	Soups & Chilis	69	
Chicken Soup with Yogurt-Chive Dumplings	Skinnytaste Simple	Hearty Soups and Big Salads	99	
Chicken Tortilla Soup (Pressure cooker)   	Skinnytaste One & Done	Pressure Cooker	136	
Chinese Shrimp and Pork Dumpling Meatball Soup (Dutch oven)  	Skinnytaste One & Done	Dutch Oven	239	

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chunky Brisket and Cabbage Soup (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	265	WW
Cinnamon-Roasted Butternut Squash Soup GF Q	The Skinnytaste Cookbook	Soups & Chilis	61	WW
Colombian Chicken and Potato Soup (Pressure cooker) GF V	Skinnytaste One & Done	Pressure Cooker	123	WW
Cream of Zucchini Soup GF Q V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	43	WW
Creamy Cheddar-Broccoli Soup (Dutch oven) DF GF Q	Skinnytaste One & Done	Dutch Oven	243	WW
Creamy Coconut Curry Soup with Summer Squash DF FF GF Q V	Skinnytaste Simple	Hearty Soups and Big Salads	79	WW
Creamy Pastina Soup Q V	Skinnytaste Simple	Hearty Soups and Big Salads	87	WW
Dad's Cauliflower Soup GF V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	40	WW
Drunken Seafood Stew GF Q V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	48	WW
Easy Lamb Stew with Chickpeas (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	156	WW
Ham and White Bean Soup (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	257	WW
Italian Escarole and White Bean Soup GF	The Skinnytaste Cookbook	Soups & Chilis	57	WW
Italian Wedding Soup FF GF	Skinnytaste Simple	Hearty Soups and Big Salads	88	WW
Katia's Caldo Gallego	The Skinnytaste Cookbook	Soups & Chilis	72	WW
Mexican Pinto Beans with Queso (Pressure cooker) V	Skinnytaste One & Done	Pressure Cooker	165	WW












RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Milda's Caldeirada (Portuguese Seafood Stew) (Dutch oven) Q	Skinnytaste One & Done	Dutch Oven	236	WW
Mini Turkey Meatball Vegetable Soup (Dutch oven) GF Q	Skinnytaste One & Done	Dutch Oven	220	WW
Mom's Instant Pot Creamy Shrimp and Rice Soup (Instant Pot) GF	Skinnytaste Simple	Hearty Soups and Big Salads	103	WW
Mussel Chowder with Bacon (Dutch oven) DF GF	Skinnytaste One & Done	Dutch Oven	232	WW
Navy Bean, Bacon, and Spinach Soup (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	144	WW
Pasta e Fagioli Q V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	47	WW
Pressure Cooker Chicken Soup for My Soul GF Q V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	44	WW
Roasted Chicken Stock in the Slow Cooker (Slow cooker) DF	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	72	WW
Roasted Pepper and Orzo Soup DF GF Q	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	45	WW
Rustic Italian Gnocchi Soup GF	The Skinnytaste Cookbook	Soups & Chilis	70	WW
Sheet Pan Tomato Soup with Grilled Cheese Croutons (Sheet Pan) DF FF GF V	Skinnytaste Simple	Hearty Soups and Big Salads	91	WW
Shepherd's Pie Stew (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	224	WW
Short Cut Shrimp Ramen DF Q	Skinnytaste Simple	Hearty Soups and Big Salads	80	WW
Shortcut Vietnamese Chicken Pho (Pressure cooker) GF	Skinnytaste One & Done	Pressure Cooker	131	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Shrimp Jambalaya (Dutch oven)  	Skinnytaste One & Done	Dutch Oven	240	<a href="#">WW</a>
Silky Edamame Soup  	The Skinnytaste Cookbook	Soups & Chilis	62	<a href="#">WW</a>
Slow Cooker Beef and Two-Bean Chili (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	66	<a href="#">WW</a>
Slow Cooker Beef Stew with Sweet Potatoes (Slow cooker) 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	69	<a href="#">WW</a>
Slow Cooker Butternut-Apple Soup with Crispy Leeks (Slow cooker)	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	57	<a href="#">WW</a>
Slow Cooker Chicken and Dumpling Soup (Slow cooker) 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	54	<a href="#">WW</a>
Slow-Cooker Chicken Enchilada Soup (Slow cooker) 	The Skinnytaste Cookbook	Soups & Chilis	64	<a href="#">WW</a>
Slow Cooker Chicken Taco Chili (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	62	<a href="#">WW</a>
Slow Cooker Creamy Tomato Soup (Slow cooker)   	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	58	<a href="#">WW</a>
Slow Cooker Italian Sausage and White Bean Soup with Escarole (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	51	<a href="#">WW</a>
Slow Cooker Lasagna Soup (Slow cooker) 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	53	<a href="#">WW</a>
Slow-Cooker Santa Fe Chicken (Slow cooker) 	The Skinnytaste Cookbook	Soups & Chilis	73	<a href="#">WW</a>
Slow Cooker Stuffed Pepper Soup (Slow cooker)   	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	50	<a href="#">WW</a>
Slow Cooker Turkey, White Bean, and Pumpkin Chili (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	65	<a href="#">WW</a>
















RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow Cooker Vegetable Yellow Split Pea Soup (Slow cooker) GF V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	61	WW
Slow Cooker Venison Stew (Slow cooker) DF GF	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	70	WW
Slow-Cooker White Bean Chicken Chili Verde (Slow cooker) GF	The Skinnytaste Cookbook	Soups & Chilis	75	WW
Southwestern Beef and Black Bean Chili (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	264	WW
Split Pea Soup with Smoked Turkey (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	258	WW
Stracciatella Tortellini Soup Q V	Skinnytaste Simple	Hearty Soups and Big Salads	84	WW
Thai-Inspired Chicken, Lemongrass, Mushroom Soup DF FF GF	Skinnytaste Simple	Hearty Soups and Big Salads	93	WW
Tomato-Spinach Tortellini Soup (Pressure cooker) GF Q V	Skinnytaste One & Done	Pressure Cooker	162	WW
Too-Good-to-Be-True Baked Potato Soup GF Q V	The Skinnytaste Cookbook	Soups & Chilis	58	WW
Turkey Cheeseburger Soup (Pressure cooker)	Skinnytaste One & Done	Pressure Cooker	140	WW
"Un"stuffed Cabbage Soup GF Q V	The Skinnytaste Cookbook	Soups & Chilis	63	WW
Vegetarian Butternut Chili (Slow cooker) V	Skinnytaste One & Done	Slow Cooker	272	WW
White Chicken Chili with Hominy (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	132	WW

## Tacos

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Ahi Tuna Poke Jicama Tacos 	Skinnytaste Fast & Slow	Taco Night	132	<a href="#">WW</a>
Cauliflower-Potato Tacos with Lime-Cilantro Chutney 	Skinnytaste Fast & Slow	Taco Night	135	<a href="#">WW</a>
Grilled Cumin-Rubbed Skirt Steak Tacos with Pickled Red Onions 	Skinnytaste Fast & Slow	Taco Night	128	<a href="#">WW</a>
Grilled Greek Chicken Tostadas 	Skinnytaste Fast & Slow	Taco Night	127	<a href="#">WW</a>
Madison's Favorite Beef Tacos (Slow cooker) 	Skinnytaste Fast & Slow	Taco Night	139	<a href="#">WW</a>
Slow Cooker Hawaiian Pork Tacos with Charred Pineapple Salsa (Slow cooker) 	Skinnytaste Fast & Slow	Taco Night	142	<a href="#">WW</a>
Slow Cooker Korean-Style Beef Tacos (Slow cooker) 	Skinnytaste Fast & Slow	Taco Night	140	<a href="#">WW</a>
Slow Cooker Salsa Verde Chicken Taquitos (Slow cooker) 	Skinnytaste Fast & Slow	Taco Night	136	<a href="#">WW</a>
Slow Cooker Vegetarian Black Bean Tacos (Slow cooker) 	Skinnytaste Fast & Slow	Taco Night	145	<a href="#">WW</a>
Spicy Lump Crab and Charred Corn Flaco "Tacos" 	Skinnytaste Fast & Slow	Taco Night	131	<a href="#">WW</a>
Tex-Mex Turkey Tacos (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	261	<a href="#">WW</a>

## Vegetable Main & Sides

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
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Bacon Wrapped Asparagus Bundles (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	131	<a href="#">WW</a>
Breaded Fried Eggplant (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	143	<a href="#">WW</a>
Brussel Sprouts with Bacon (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	127	<a href="#">WW</a>
Buffalo Cauliflower Nuggets (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	122	<a href="#">WW</a>
Charred Sesame Green Beans (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	128	<a href="#">WW</a>
Cheddar Broccoli Gratin (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	135	<a href="#">WW</a>
Crispy Onion Rings (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	136	<a href="#">WW</a>
Crispy Sweet Potato Fries (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	138	<a href="#">WW</a>
French Fries (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	132	<a href="#">WW</a>
Mexican Street Corn (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	124	<a href="#">WW</a>
Perfectly Baked Potatoes with Yogurt and Chives (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	137	<a href="#">WW</a>
Sesame-Crusted Teriyaki Tofu "Steaks" (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	121	<a href="#">WW</a>
Sugar and Spice Acorn Squash (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	125	<a href="#">WW</a>
Tomato, Spinach, & Feta Stuffed Portobellos (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	118	<a href="#">WW</a>
Tostones with Peruvian Green Sauce (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	141	<a href="#">WW</a>

## Veggie Mains

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Veggie-Loaded Stromboli Q V	Skinnytaste Air Fryer Dinners	Meatless Main	14	WW
Eggplant Parmesan FM GF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	23	WW
Big Green Salad with Crispy Spiced Chickpeas and Halloumi GF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	20	WW
Herby Tofu Summer Rolls with Peanut Sauce DF GF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	19	WW
Sesame-Soy Tofu Broccoli Bowls DF GF V	Skinnytaste Air Fryer Dinners	Meatless Main	16	WW
Cajun Arancini with Roasted Red Pepper Marinara GF V	Skinnytaste Air Fryer Dinners	Meatless Main	37	WW
General Tso's Cauliflower DF GF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	33	WW
Veggie French Bread Pizzas DF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	34	WW
Cheesy Calzones Q V	Skinnytaste Air Fryer Dinners	Meatless Main	30	WW
Giant Samosas with Cilantro-Mint Chutney FM V	Skinnytaste Air Fryer Dinners	Meatless Main	28	WW
Loaded Black Bean Nachos GF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	27	WW
Un-Fried Falafel DF V	Skinnytaste Air Fryer Dinners	Meatless Main	24	WW