





















skinnytaste | Cookbook Index

*SP = Smart Points





































Appetizers

RECIPE	COOKBOOK	CHAPTER	PG	SP
Baked Zucchini Sticks  	The Skinnytaste Cookbook	Skinny Bites	109	4
Bangin' Good Shrimp 	The Skinnytaste Cookbook	Skinny Bites	116	4
Breaded Popcorn Shrimp with Tartar Sauce (Air fryer)  	Skinnytaste One and Done	Air Fryer	202	6
Caliente Bean and Queso Dip 	The Skinnytaste Cookbook	Skinny Bites	101	1
Cheesy "Fried" Mozzarella Bites   	The Skinnytaste Cookbook	Skinny Bites	112	3
Garden Pico de Gallo   	The Skinnytaste Cookbook	Skinny Bites	120	0
Guiltless Sausage-Stuffed Mushrooms   	The Skinnytaste Cookbook	Skinny Bites	102	1
Lemony Herb Hummus 	The Skinnytaste Cookbook	Skinny Bites	111	1
Less-Guilt Zesty Mango Guacamole  	The Skinnytaste Cookbook	Skinny Bites	118	2
Loaded "Nacho" Potato Skins	The Skinnytaste Cookbook	Skinny Bites	105	3
Petite Baked Crab Cakes	The Skinnytaste Cookbook	Skinny Bites	115	1
Roasted Edamame with Sea Salt 	The Skinnytaste Cookbook	Skinny Bites	107	0
Shrimp and Pork Spring Rolls with Carrot-Cabbage Slaw (Air fryer) 	Skinnytaste One and Done	Air Fryer	205	9

RECIPE	COOKBOOK	CHAPTER	PG	SP
Skinny Green Goddess Dip GF Q V	The Skinnytaste Cookbook	Skinny Bites	119	1

Breakfast & Brunch

RECIPE	COOKBOOK	CHAPTER	PG	SP
Apple 'n' Spice Baked Oatmeal GF Q	The Skinnytaste Cookbook	Sunny Mornings	30	9
Banana-Almond Smoothie Bowl DF GF Q V	Skinnytaste Fast and Slow	Healthy Mornings	30	3
Breakfast Banana Split DF GF Q V	Skinnytaste Fast and Slow	Healthy Mornings	34	6
Brussels Sprout Hash with Bacon and Eggs DF Q V	Skinnytaste Fast and Slow	Healthy Mornings	26	3
Cali Avocado Egg Sandwich GF Q	The Skinnytaste Cookbook	Sunny Mornings	37	6
Chunky Loaded Guac Toast DF Q V	Skinnytaste Fast and Slow	Healthy Mornings	24	5
Coco-Loco Mango Green Smoothie GF Q V	The Skinnytaste Cookbook	Sunny Mornings	24	6
Corny Banana-Blueberry Pancakes Q V	The Skinnytaste Cookbook	Sunny Mornings	48	8
Cucumber, Tomato, and Lox DF Q V	Skinnytaste Fast and Slow	Healthy Mornings	25	3
Dad's Jammin' Crêpes Q V	The Skinnytaste Cookbook	Sunny Mornings	51	5
Good-For-You Granola GF Q V	The Skinnytaste Cookbook	Sunny Mornings	26	6
Greek-a-Licious Egg White Omelet	The Skinnytaste Cookbook	Sunny Mornings	33	3

RECIPE	COOKBOOK	CHAPTER	PG	SP
Guiltless Chocolate Chip Pancakes 	The Skinnytaste Cookbook	Sunny Mornings	47	6
Heavenly Banana-Nut Oat Muffins 	The Skinnytaste Cookbook	Sunny Mornings	45	6
Karina's Special   	Skinnytaste Fast and Slow	Healthy Mornings	24	3
Make-Ahead Western Omelet "Muffins"   	The Skinnytaste Cookbook	Sunny Mornings	29	1
Mexican Huevos Shakshukos   	Skinnytaste Fast and Slow	Healthy Mornings	29	4
Naked Eggs Benedict  	The Skinnytaste Cookbook	Sunny Mornings	32	4
Open-Face Bagels with Scallion-Lox Cream Cheese  	The Skinnytaste Cookbook	Sunny Mornings	39	7
Paradise Parfait  	The Skinnytaste Cookbook	Sunny Mornings	27	6
PB&J Overnight Oats in a Jar    	The Skinnytaste Cookbook	Sunny Mornings	23	8
Pumpkin-Obsessed Vanilla-Glazed Scones   	The Skinnytaste Cookbook	Sunny Mornings	42	7
Put an Egg on It!  	Skinnytaste Fast and Slow	Healthy Mornings	23	3
"Que Rico" Breakfast Tostada 	The Skinnytaste Cookbook	Sunny Mornings	41	5
Savory Quinoa Breakfast Bowls    	Skinnytaste Fast and Slow	Healthy Mornings	33	4
Slow Cooker "Baked" Oatmeal with Coconut, Blueberries, and Bananas (Slow cooker)  	Skinnytaste Fast and Slow	Healthy Mornings	35	7
Slow Cooker Chocolate Swirl Banana Bread (Slow cooker)   	Skinnytaste Fast and Slow	Healthy Mornings	36	5















RECIPE	COOKBOOK	CHAPTER	PG	SP
South of the Border Huevos Revueltos DF Q	Skinnytaste Fast and Slow	Healthy Mornings	25	3
Whole Wheat Crêpes with Strawberry Sauce GF Q V	Skinnytaste Fast and Slow	Healthy Mornings	20	6
Winter Potato, Kale, and Sausage Frittata GF Q V	The Skinnytaste Cookbook	Sunny Mornings	35	3
























Chicken & Other Poultry





RECIPE	COOKBOOK	CHAPTER	PG	SP
Arroz con Pollo (Pressure cooker) GF Q	Skinnytaste One and Done	Pressure Cooker	124	11
Asiago-Crusted Chicken Breasts GF V	Skinnytaste Fast and Slow	Poultry Mains	148	4
Asian Chicken Lettuce Wraps (Slow cooker) GF	Skinnytaste One and Done	Slow Cooker	256	2
Asian Peanut Noodles with Chicken	The Skinnytaste Cookbook	Perfect Poultry	178	8
Buffalo Chicken Nuggets (Air fryer) Q	Skinnytaste One and Done	Air Fryer	184	1
Buffalo Drumsticks with Creamy Cabbage and Kale Slaw (Air fryer) GF Q V	Skinnytaste One and Done	Air Fryer	171	7
Buttermilk Oven "Fried" Chicken GF Q V	The Skinnytaste Cookbook	Perfect Poultry	151	7
Cajun Chicken Pasta on the Lighter Side GF Q	The Skinnytaste Cookbook	Perfect Poultry	186	7
Cheesy Jalapeño Popper Stuffed Chicken (Air fryer) Q V	Skinnytaste One and Done	Air Fryer	186	8
Cheesy Turkey, Leek, and Potato Gratin (Skillet) DF	Skinnytaste One and Done	Skillet	38	12

RECIPE	COOKBOOK	CHAPTER	PG	SP
Chicken and Couscous Bowls with Piri Piri GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	78	8
Chicken-Avocado Burgers with Jalapeño Slaw (Grill pan) DF	Skinnytaste One and Done	Grill Pan	278	9
Chicken Cordon Bleu Meatballs Q	The Skinnytaste Cookbook	Perfect Poultry	163	7
Chicken Cordon Bleu with Asparagus (Skillet) GF Q	Skinnytaste One and Done	Skillet	25	5
Chicken Fajitas (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	80	8
Chicken Katsu with Sesame-Pineapple Slaw (Air fryer) GF	Skinnytaste One and Done	Air Fryer	172	6
Chicken Marsala on the Lighter Side	The Skinnytaste Cookbook	Perfect Poultry	167	4
Chicken Pasta Caprese GF Q	The Skinnytaste Cookbook	Perfect Poultry	184	9
Chicken, Pesto, and Cheese Stromboli (Air fryer) DF GF	Skinnytaste One and Done	Air Fryer	180	7
Chicken Rollatini Stuffed with Zucchini and Mozzarella	The Skinnytaste Cookbook	Perfect Poultry	152	6
Chicken Saltimbocca with Spinach (Skillet) GF Q	Skinnytaste One and Done	Skillet	33	6
Chicken Scaloppine with Broccoli and Melted Mozzarella DF GF Q	Skinnytaste Fast and Slow	Poultry Mains	152	5
Chipotle Chicken Tostadas (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	252	7
Classic Chicken Nuggets (Air fryer) Q	Skinnytaste One and Done	Air Fryer	183	2
Coconut Chicken and Butternut Curry in a Hurry (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	135	7
Complete BBQ Chicken Dinner (Slow cooker) GF	Skinnytaste One and Done	Slow Cooker	248	11

RECIPE	COOKBOOK	CHAPTER	PG	SP
Coq au Vin (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	128	11
Crispy Chicken Schnitzel Dinner (Sheet pan)	Skinnytaste One and Done	Sheet Pan & Baking Dish	75	7
Dijon-Maple Chicken with Brussels and Butternut (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	79	10
Everything (but the) Bagel Chicken Roll-Ups (Air fryer) GF	Skinnytaste One and Done	Air Fryer	176	10
Fall-off-the-Bone Whole Rosemary Chicken (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	251	varies
Fettuccine Alfredo with Chicken and Broccoli GF Q	The Skinnytaste Cookbook	Perfect Poultry	161	9
Fiesta Chicken and Carrot "Rice" (Skillet) GF V	Skinnytaste One and Done	Skillet	22	5
Giant Turkey Meatball Parmesan (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	94	6
Ginger-Lime Chicken with Broccoli and Carrots (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	90	2
Glazed Korean BBQ Chicken Wings (Air fryer) GF Q	Skinnytaste One and Done	Air Fryer	179	7
Greek Chicken Sheet Pan Dinner Q	Skinnytaste Fast and Slow	Poultry Mains	158	8
Honey Balsamic Grilled Chicken and Vegetables (Grill pan) GF Q	Skinnytaste One and Done	Grill Pan	281	4
Honey-Mustard Chicken Bake (Baking dish) GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	86	9
Italian Sausage and Pepper Calzones (Air fryer) GF Q	Skinnytaste One and Done	Air Fryer	189	9
Italian Sausage with Peppers and Onions Q	The Skinnytaste Cookbook	Perfect Poultry	159	4













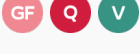


RECIPE	COOKBOOK	CHAPTER	PG	SP
Kale Caesar and Grilled Chicken Bowls 	Skinnytaste Fast and Slow	One-Bowl Meals	77	6
Kielbasa and Cabbage (Dutch oven) 	Skinnytaste One and Done	Dutch Oven	227	5
Korean-Inspired Chicken Lettuce Wraps 	Skinnytaste Fast and Slow	Poultry Mains	151	10
Lemon Chicken and Brown Rice Pilaf (Skillet) 	Skinnytaste One and Done	Skillet	26	7
Loaded Buffalo Chicken Stuffed Sweet Potatoes (Slow cooker) 	Skinnytaste One and Done	Slow Cooker	247	9
Mom's Skillet Chicken Pot Pie (Skillet) 	Skinnytaste One and Done	Skillet	37	6
Naked Persian Turkey Burgers 	The Skinnytaste Cookbook	Perfect Poultry	156	6
Orecchiette with Sausage, Baby Kale, and Bell Pepper 	The Skinnytaste Cookbook	Perfect Poultry	181	9
Petite Meatloaf Dinner (Sheet pan) 	Skinnytaste One and Done	Sheet Pan & Baking Dish	97	8
Pizza-Stuffed Chicken Roll-Ups 	Skinnytaste Fast and Slow	Poultry Mains	157	3
Pressure Cooker Three-Cup Chicken (Pressure cooker) 	Skinnytaste Fast and Slow	Poultry Mains	160	5
Roasted Poblanos Rellenos with Chicken	The Skinnytaste Cookbook	Perfect Poultry	173	2
Santa Fe Turkey Egg Rolls with Avocado Ranch Sauce 	Skinnytaste Fast and Slow	Poultry Mains	154	4
Shawarma-Spiced Grilled Chicken Thighs with Tahini (Grill pan) 	Skinnytaste One and Done	Grill Pan	277	10
Shepherd's Pie with Cauliflower Crust (Skillet) 	Skinnytaste One and Done	Skillet	41	9

RECIPE	COOKBOOK	CHAPTER	PG	SP
Skinny Chicken Parmesan 	The Skinnytaste Cookbook	Perfect Poultry	177	4
Slow Cooker Adobo Chicken with Sriracha, Ginger, and Scallions (Slow cooker) 	Skinnytaste Fast and Slow	Poultry Mains	163	5
Slow Cooker BBQ Pulled Chicken (Slow cooker)  	Skinnytaste Fast and Slow	Poultry Mains	168	4
Slow Cooker Buffalo Chicken Lettuce Wraps (Slow cooker) 	Skinnytaste Fast and Slow	Poultry Mains	172	2
Slow Cooker Chicken Burrito Bowls (Slow cooker)    	Skinnytaste Fast and Slow	One-Bowl Meals	93	8
Slow Cooker Chicken Tikka Masala (Slow cooker)   	Skinnytaste Fast and Slow	Poultry Mains	161	4
Slow Cooker Czech Chicken Paprikash (Slow cooker)  	Skinnytaste Fast and Slow	Poultry Mains	171	11
Slow Cooker Indian Chicken and Peas (Slow cooker)  	Skinnytaste Fast and Slow	Poultry Mains	164	3
Slow-Cooker Jerk Chicken Tacos with Caribbean Salsa (Slow cooker)	The Skinnytaste Cookbook	Perfect Poultry	155	4
Slow Cooker Maple-Dijon Chicken Drumsticks (Slow cooker) 	Skinnytaste Fast and Slow	Poultry Mains	167	8
Slow Cooker Stuffed Turkey Tenderloins with Gravy (Slow cooker) 	Skinnytaste Fast and Slow	Poultry Mains	174	5
Slow Cooker Turkey Meatloaf (Slow cooker)  	Skinnytaste Fast and Slow	Poultry Mains	177	6
So-Addicted Chicken Enchiladas  	The Skinnytaste Cookbook	Perfect Poultry	171	4
Spaghetti "Squashta" with Turkey Bolognese 	The Skinnytaste Cookbook	Perfect Poultry	169	6

RECIPE	COOKBOOK	CHAPTER	PG	SP
Spicy Peanut Chicken and Vegetables (Sheet pan) 	Skinnytaste One and Done	Sheet Pan & Baking Dish	76	6
Spicy Stir-Fried Chicken and Shredded Brussels Bowls (Skillet) 	Skinnytaste One and Done	Skillet	29	5
Spinach, Bacon, and Cheddar Hasselback Chicken (Sheet pan) 	Skinnytaste One and Done	Sheet Pan & Baking Dish	93	2
Tandoori Chicken with Vegetables (Sheet pan) 	Skinnytaste One and Done	Sheet Pan & Baking Dish	85	7
Teriyaki Chicken Bowls 	Skinnytaste Fast and Slow	One-Bowl Meals	81	5
Turkey Breast with Sweet Potatoes, Green Beans, and Gravy (Pressure cooker) 	Skinnytaste One and Done	Pressure Cooker	139	8
Turkey Kofta Kebab Lettuce Wraps (Grill pan) 	Skinnytaste One and Done	Grill Pan	282	5
Weeknight Chicken Souvlaki (Skillet) 	Skinnytaste One and Done	Skillet	34	12

Dessert

RECIPE	COOKBOOK	CHAPTER	PG	SP
Almost Sinful Maple-Raisin Bread Pudding 	The Skinnytaste Cookbook	Skinny Sweet Tooth	301	7
Baked Bananas Foster à la Mode 	The Skinnytaste Cookbook	Skinny Sweet Tooth	299	6
Banana Pudding Cups	Skinnytaste Fast and Slow	The Sweeter Side	279	6
Coconut Panna Cotta with Fresh Raspberries 	The Skinnytaste Cookbook	Skinny Sweet Tooth	296	5

RECIPE	COOKBOOK	CHAPTER	PG	SP
Crustless Slow Cooker Apple Pie à la Mode (Slow cooker) 	Skinnytaste Fast and Slow	The Sweeter Side	292	7
Delightful Poached Pears with Yogurt 	The Skinnytaste Cookbook	Skinny Sweet Tooth	303	8
Double Chocolate Chunk Walnut Cookies 	The Skinnytaste Cookbook	Skinny Sweet Tooth	292	6
Easy No-Cook Mango Fool 	Skinnytaste Fast and Slow	The Sweeter Side	283	5
Frozen Dark Chocolate–Almond Bananas 	The Skinnytaste Cookbook	Skinny Sweet Tooth	309	5
Grilled Piña Colada Delight 	Skinnytaste Fast and Slow	The Sweeter Side	284	13
Macerated Berries with Whipped Cream 	Skinnytaste Fast and Slow	The Sweeter Side	280	5
Matcha Milkshake 	The Skinnytaste Cookbook	Skinny Sweet Tooth	313	7
Mini Pavlovas with Fresh Fruit 	The Skinnytaste Cookbook	Skinny Sweet Tooth	307	4
Piña Colada Chia Pudding 	The Skinnytaste Cookbook	Skinny Sweet Tooth	302	5
Silky Chocolate Cream Pie 	The Skinnytaste Cookbook	Skinny Sweet Tooth	295	9
Slow Cooker Blueberry Slump (Slow cooker) 	Skinnytaste Fast and Slow	The Sweeter Side	295	6
Slow Cooker Peach-Strawberry Crumble (Slow cooker) 	Skinnytaste Fast and Slow	The Sweeter Side	288	8
Slow Cooker Pumpkin Flan (Slow cooker) 	Skinnytaste Fast and Slow	The Sweeter Side	298	7
Slow Cooker Triple-Almond Flourless Brownies (Slow cooker) 	Skinnytaste Fast and Slow	The Sweeter Side	296	7

RECIPE	COOKBOOK	CHAPTER	PG	SP
Slow Cooker Vanilla Bean Pear Butter (Slow cooker) GF V	Skinnytaste Fast and Slow	The Sweeter Side	291	1
Summer Berry Cobbler GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	304	8
Sweet Plum Custard GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	312	4
Vanilla Bean Cheesecake Shooters DF GF Q V	Skinnytaste Fast and Slow	The Sweeter Side	287	7
Warm Apple-Pear Crumble GF	The Skinnytaste Cookbook	Skinny Sweet Tooth	298	7
Watermelon Lime Granita GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	310	2

Fish

RECIPE	COOKBOOK	CHAPTER	PG	SP
Baked Fish and Chips DF GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	212	7
Broiled Whole Porgies DF GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	219	2
Cilantro-Lime Shrimp GF Q	The Skinnytaste Cookbook	Fabulous Fish	225	1
Crab-Stuffed Shrimp (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	113	4
Crispy Beach Fish Tacos (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	197	9
Crispy Codfish Cakes with Horseradish Cream (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	208	4
Crispy Salmon Fish Sticks with Lime-Dill Dipping Sauce (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	201	3













RECIPE	COOKBOOK	CHAPTER	PG	SP
Easy Broccolini Flounder Bake GF Q	The Skinnytaste Cookbook	Fabulous Fish	216	2
Garlic-Turmeric Salmon with Rainbow Carrots, Cauliflower, and Lemon (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	105	2
Garlicky Lemon Shrimp and Broccolini Stir-Fry Q	The Skinnytaste Cookbook	Fabulous Fish	228	1
Garlicky Shrimp with Smashed Chickpea "Mofongo" (Skillet) GF Q V	Skinnytaste One and Done	Skillet	50	3
Grilled Surf and Turf with Asparagus and Herb Butter (Grill pan) DF GF	Skinnytaste One and Done	Grill Pan	286	7
Grilled Swordfish with Summer Succotash and Basil Oil (Grill pan) GF	Skinnytaste One and Done	Grill Pan	288	2
Kiss My (Shrimp and) Grits GF Q	The Skinnytaste Cookbook	Fabulous Fish	219	5
Lemon Parmesan Shrimp with Broccoli and Cauliflower (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	114	5
Lemon-Roasted Fish and Cauli-Rice (Sheet pan) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	106	4
Mahi Mahi Fish Tacos with Spicy Avocado Cream GF Q	The Skinnytaste Cookbook	Fabulous Fish	222	4
Mediterranean Shrimp and Pearl Couscous (Skillet) GF Q V	Skinnytaste One and Done	Skillet	67	10
Miso Black Cod with Shiitakes and Bok Choy (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	109	4
Mussels in Garlicky White Wine Sauce (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	235	7
Pesce Primavera (Baking dish) DF GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	110	2
















RECIPE	COOKBOOK	CHAPTER	PG	SP
Roasted Asian Striped Bass GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	216	1
Salmon Salad with Green Beans and Egg (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	159	5
Seafood and Chicken Paella (Skillet) DF GF Q	Skinnytaste One and Done	Skillet	51	8
Seafood Fried Brown Rice (Skillet) DF GF	Skinnytaste One and Done	Skillet	55	7
Shrimp and Artichoke Quinoa Bowls DF GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	89	6
Shrimp Quesadillas with Stuffed Avocados (Skillet) GF Q	Skinnytaste One and Done	Skillet	46	11
Skillet Lemon Sole with Tomatoes and Capers GF Q	The Skinnytaste Cookbook	Fabulous Fish	221	1
Skinny Shrimp, Chicken, and Sausage Gumbo Q	The Skinnytaste Cookbook	Fabulous Fish	234	9
Slow Cooker Poached Salmon with Meyer Lemon, Capers, and Parsley (Slow cooker) DF GF	Skinnytaste Fast and Slow	Fish and Seafood Mains	222	0
Slow Cooker Shrimp à la Criolla (Slow cooker) DF GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	220	0
Spanish Seafood Stew GF Q	The Skinnytaste Cookbook	Fabulous Fish	232	5
Spicy Seared Tuna Sushi Bowls DF GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	86	7
Spicy Shrimp Tempura Roll Bowls (Air fryer) DF	Skinnytaste One and Done	Air Fryer	206	12
Striped Bass with Garlic Crumb Topping GF Q	The Skinnytaste Cookbook	Fabulous Fish	227	3

RECIPE	COOKBOOK	CHAPTER	PG	SP
Sweet 'n' Spicy Salmon with Stir-Fried Veggies DF GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	211	2
Sweet 'n' Spicy Sriracha-Glazed Salmon	The Skinnytaste Cookbook	Fabulous Fish	215	3
Thai Coconut Mussels GF Q	The Skinnytaste Cookbook	Fabulous Fish	231	3
Veggie-Stuffed Flounder Sheet Pan Dinner GF Q	Skinnytaste Fast and Slow	Fish and Seafood Mains	215	2
Wild Salmon with Avocado-Basil Salad (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	198	3
Zesty Lime Shrimp and Avocado Salad DF	Skinnytaste Fast and Slow	Fish and Seafood Mains	208	2

Lean Meats

RECIPE	COOKBOOK	CHAPTER	PG	SP
Beef Bibimbap Bowls with Riced Carrots (Skillet) GF V	Skinnytaste One and Done	Skillet	60	8
Brazilian Black Beans with Collard Greens DF GF Q	Skinnytaste Fast and Slow	Meat Lover Mains	185	7
Carne Asada Fries (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	102	12
Cheesy Pork Chops with Mushrooms and Wilted Spinach (Skillet) GF Q	Skinnytaste One and Done	Skillet	45	8
Colombian Carne Asada with Ají Picante GF	The Skinnytaste Cookbook	Lean Meat Dishes	194	4
Crispy Breaded Pork Chops (Air fryer) Q	Skinnytaste One and Done	Air Fryer	190	7
Cubano-Style Stuffed Pork Tenderloin GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	205	3

RECIPE	COOKBOOK	CHAPTER	PG	SP
Dad's Czech Meat Patties with Potatoes and Cucumber Salad (Sheet pan) 	Skinnytaste One and Done	Sheet Pan & Baking Dish	101	9
Egg Roll Bowls 	Skinnytaste Fast and Slow	One-Bowl Meals	85	10
Fork-and-Knife Cheeseburgers	Skinnytaste Fast and Slow	Meat Lover Mains	181	7
Garlic-Dijon Roasted Pork Tenderloin with Potatoes and Green Beans (Baking dish) 	Skinnytaste One and Done	Sheet Pan & Baking Dish	98	7
Grilled Lamb Chops with Mint Chimichurri (Grill pan) 	Skinnytaste One and Done	Grill Pan	285	5
Grilled Lamb Chops with Mint Yogurt Sauce	The Skinnytaste Cookbook	Lean Meat Dishes	202	7
Grilled Lamb Skewers with Harissa Dipping Sauce 	The Skinnytaste Cookbook	Lean Meat Dishes	206	3
Grilled Surf and Turf with Asparagus and Herb Butter (Grill pan) 	Skinnytaste One and Done	Grill Pan	286	7
Grilled Veal Chop Milanese with Arugula Salad 	Skinnytaste Fast and Slow	Meat Lover Mains	187	7
Italian Stuffed Cubanelle Peppers (Slow cooker) 	Skinnytaste One and Done	Slow Cooker	255	4
London Broil with Tomatoes, Red Onion, and Balsamic (Air fryer) 	Skinnytaste One and Done	Air Fryer	194	8
Mongolian Beef and Broccoli 	The Skinnytaste Cookbook	Lean Meat Dishes	190	7
Noodle-Less Zucchini Lasagna 	The Skinnytaste Cookbook	Lean Meat Dishes	209	9
Open-Faced French Onion Burgers (Skillet) 	Skinnytaste One and Done	Skillet	71	10

RECIPE	COOKBOOK	CHAPTER	PG	SP
Perfect Medium-Rare Roast Beef in the Slow Cooker (Slow cooker) 	Skinnytaste Fast and Slow	Meat Lover Mains	196	6
Philly Cheesesteak Egg Rolls (Air fryer) 	Skinnytaste One and Done	Air Fryer	193	10
Pork Chops Pizzaiola with Arugula Salad (Skillet) 	Skinnytaste One and Done	Skillet	42	8
Pork Tenderloin with Potatoes and Caraway Seeds 	Skinnytaste Fast and Slow	Meat Lover Mains	191	6
Pot Roast with Potatoes and Vegetables (Slow cooker) 	Skinnytaste One and Done	Slow Cooker	262	7
Roasted Brussels Bowls with Spicy Sausage 	Skinnytaste Fast and Slow	One-Bowl Meals	82	6
Roasted Sausage, Peppers, and Potatoes (Sheet pan) 	Skinnytaste One and Done	Sheet Pan & Baking Dish	89	8
Ropa Vieja (Slow cooker) 	Skinnytaste One and Done	Slow Cooker	267	9
Skillet Pork Chops with Braised Fennel and Shallots 	Skinnytaste Fast and Slow	Meat Lover Mains	188	5
Skinny Salisbury Steak with Mushroom Gravy 	The Skinnytaste Cookbook	Lean Meat Dishes	201	5
Slow Cooker Asian Pork with Mushrooms (Slow cooker) 	Skinnytaste Fast and Slow	Meat Lover Mains	205	6
Slow Cooker Banh Mi Rice Bowls (Slow cooker) 	Skinnytaste Fast and Slow	One-Bowl Meals	94	10
Slow Cooker Brisket with Onions (Slow cooker) 	Skinnytaste Fast and Slow	Meat Lover Mains	192	5
Slow Cooker Carne Desmechada (Slow cooker) 	Skinnytaste Fast and Slow	Meat Lover Mains	195	3
Slow Cooker Goulash with Sauerkraut (Slow cooker) 	Skinnytaste Fast and Slow	Meat Lover Mains	202	6

RECIPE	COOKBOOK	CHAPTER	PG	SP
Slow-Cooker Mexican Pork Carnitas (Slow cooker) GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	197	3
Slow Cooker Osso Buco (Slow cooker) DF GF	Skinnytaste Fast and Slow	Meat Lover Mains	199	4
Slow Cooker Pernil (Slow cooker) GF	Skinnytaste Fast and Slow	Meat Lover Mains	203	7
Slow-Cooker Picadillo (Slow cooker) GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	193	3
Slow Cooker Stuffed Cabbage Rolls (Slow cooker) DF GF	Skinnytaste Fast and Slow	Meat Lover Mains	200	4
Spicy Lamb Korma (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	268	5
Steak and Onions GF Q	Skinnytaste Fast and Slow	Meat Lover Mains	182	4
Sunday Night Roast Beef and Gravy GF	The Skinnytaste Cookbook	Lean Meat Dishes	211	3
Teriyaki-Glazed Grilled Pork Chops with Pineapple Salsa GF	The Skinnytaste Cookbook	Lean Meat Dishes	198	5
Unstuffed Cabbage Bowls (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	157	10

Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PG	SP
Baked Eggplant Parmesan Stacks GF Q V	Skinnytaste Fast and Slow	Meatless Mains	237	6
Baked Pears with Greens, Blue Cheese, and Pecans Q V	Skinnytaste Fast and Slow	Meatless Mains	234	8
Black Bean Burrito Bowls GF V	The Skinnytaste Cookbook	Meatless Mains	251	8

RECIPE	COOKBOOK	CHAPTER	PG	SP
Breaded Cauliflower Nuggets (Air fryer) Q	Skinnytaste One and Done	Air Fryer	185	1
Butternut Squash Lasagna Rolls V	The Skinnytaste Cookbook	Meatless Mains	248	4
Cacio e Pepe Roasted Spaghetti Squash (Sheet pan) DF GF Q V	Skinnytaste One and Done	Sheet Pan & Baking Dish	118	6
Caprese Portobello Pizzas (Sheet pan) GF	Skinnytaste One and Done	Sheet Pan & Baking Dish	83	6
Cheesy Baked Penne with Eggplant GF V	The Skinnytaste Cookbook	Meatless Mains	254	8
Chickpea and Potato Curry GF Q V	The Skinnytaste Cookbook	Meatless Mains	260	7
Coconut Veggie Curry GF Q V	Skinnytaste Fast and Slow	Meatless Mains	241	9
Creamy Carrot Farrotto GF V	The Skinnytaste Cookbook	Meatless Mains	245	8
Crustless Swiss Chard Pie GF Q V	The Skinnytaste Cookbook	Meatless Mains	240	3
Curry-Roasted Vegetables and Chickpeas with Mint-Cilantro Chutney (Sheet pan) GF Q	Skinnytaste One and Done	Sheet Pan & Baking Dish	117	3
Dad's Peppers and Egg Sandwiches GF Q V	Skinnytaste Fast and Slow	Meatless Mains	242	5
Easiest One-Pot Pasta and Broccoli GF Q V	Skinnytaste Fast and Slow	Meatless Mains	238	8
Greek Panzanella Salad Q V	Skinnytaste Fast and Slow	Meatless Mains	233	9
Grilled Cheese with Havarti, Brussels Sprouts, and Apple GF Q V	Skinnytaste Fast and Slow	Meatless Mains	229	10

RECIPE	COOKBOOK	CHAPTER	PG	SP
Grilled Halloumi and Veggies with Mint-Yogurt Sauce (Grill pan) GF Q V	Skinnytaste One and Done	Grill Pan	296	9
Grilled Vegetable Caprese Salad DF GF	Skinnytaste Fast and Slow	Meatless Mains	226	9
Indian Butter Chickpeas (Slow cooker) DF GF V	Skinnytaste One and Done	Slow Cooker	273	6
Jalapeño Popper Frittata with Pico de Gallo (Skillet) GF Q	Skinnytaste One and Done	Skillet	56	8
Margherita Pizzas (Air fryer) GF Q	Skinnytaste One and Done	Air Fryer	209	6
Pot-in-Pot Puerto Rican Rice and Beans (Pressure cooker) GF V	Skinnytaste One and Done	Pressure Cooker	166	8
Quinoa-Stuffed Peppers V	The Skinnytaste Cookbook	Meatless Mains	242	5
Salad Pizza Q V	Skinnytaste Fast and Slow	Meatless Mains	230	9
Skillet Spinach and Feta Pie (Skillet) DF GF Q	Skinnytaste One and Done	Skillet	63	8
Skinny Broccoli Mac and Cheese GF V	The Skinnytaste Cookbook	Meatless Mains	257	10
Slow Cooker Chana Masala (Slow cooker) GF V	Skinnytaste Fast and Slow	Meatless Mains	248	1
Slow Cooker Loaded “Baked” Sweet Potatoes (Slow cooker) Q V	Skinnytaste Fast and Slow	Meatless Mains	246	9
Spicy Black Bean Burgers with Chipotle Mayo GF V	The Skinnytaste Cookbook	Meatless Mains	261	7
Spinach Falafel Lettuce Wraps V	The Skinnytaste Cookbook	Meatless Mains	258	2

RECIPE	COOKBOOK	CHAPTER	PG	SP
Stuffed Artichokes with Bread Crumbs and Tomato Caper Sauce (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	160	9
Sunny-Side-Up Egg and Avocado Rice Bowls GF Q	Skinnytaste Fast and Slow	One-Bowl Meals	90	7
Tricolor Summer Penne	The Skinnytaste Cookbook	Meatless Mains	239	8
Zucchini "Meatballs" DF Q V	Skinnytaste Fast and Slow	Meatless Mains	245	5

Pasta & Zoodles

RECIPE	COOKBOOK	CHAPTER	PG	SP
American-Style Cheesy Beef Goulash and Macaroni (Pressure cooker) GF	Skinnytaste One and Done	Pressure Cooker	152	11
Butternut Squash Noodles with Pancetta and Poached Egg (Spiralizer) GF Q	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	109	8
Cheesy Turkey Taco Chili Mac (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	223	6
Chicken and Zucchini Noodles with Black Bean Sauce (Spiralizer) DF GF Q	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	102	4
Chicken Fajita Pasta (Dutch oven) GF Q	Skinnytaste One and Done	Dutch Oven	219	7
Cold Peanut-Sesame Chicken and Spiralized Cucumber Noodle Salad (Spiralizer) DF GF Q V	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	101	5
Creamy Butternut Pasta with Spicy Sausage and Spinach (Dutch oven) GF V	Skinnytaste One and Done	Dutch Oven	215	9

RECIPE	COOKBOOK	CHAPTER	PG	SP
Gnocchi with Sausage and Garlicky Broccoli Rabe (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	216	12
Instant Spaghetti and Meat Sauce (Pressure cooker) GF Q	Skinnytaste One and Done	Pressure Cooker	143	8
Lazy Veggie Lasagna (Skillet) GF Q	Skinnytaste One and Done	Skillet	68	11
Quickest Gnocchi Bolognese (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	147	9
Shrimp and Summer Squash Noodles Baked in Foil (Spiralizer) GF Q	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	106	7
Slow Cooker Beef Ragu with Pappardelle (Slow cooker) GF	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	123	10
Slow Cooker Bolognese Sauce (Slow cooker) GF	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	120	3
Slow Cooker Chicken Cacciatore (Slow cooker) GF	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	112	3
Slow Cooker Hamburger Stroganoff (Slow cooker)	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	119	6
Slow Cooker Italian Turkey-Zucchini Meatballs (Slow cooker) GF	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	116	4
Slow Cooker Pollo in Potacchio (Slow cooker) GF	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	115	6
Slow Cooker Spicy Harissa Lamb Ragu with Penne (Slow cooker) GF Q	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	111	11

RECIPE	COOKBOOK	CHAPTER	PG	SP
Spicy Carrot “Fideos” Secos (Skillet) GF Q	Skinnytaste One and Done	Skillet	59	9
Spinach and Cheese Manicotti (Slow cooker) GF	Skinnytaste One and Done	Slow Cooker	271	9
Spiralized Beet Salad with Seared Scallops and Orange (Spiralizer) GF Q	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	110	5
Summer Veggie Zucchini Noodles with Burrata (Skillet) GF Q	Skinnytaste One and Done	Skillet	49	10
Veggie-Loaded Zucchini Noodle Primavera (Skillet) V	Skinnytaste One and Done	Skillet	64	7
Zoodles with Shrimp and Feta (Spiralizer) DF Q	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	105	4

Salads

RECIPE	COOKBOOK	CHAPTER	PG	SP
Bacon-Wrapped BBQ Ranch Chicken Salad (Skillet) DF GF Q	Skinnytaste One and Done	Skillet	30	6
Baja Grilled Flank Steak Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	139	8
BLT Salad with Avocado GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	134	5
Buffalo Chicken Salad	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	129	4
Chilled Caribbean Shimp Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	143	2
Coconut Chicken Salad with Warm Honey-Mustard Vinaigrette Q V	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	126	8

RECIPE	COOKBOOK	CHAPTER	PG	SP
Curried Chicken Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	132	5
Greek Chickpea Salad GF V	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	146	3
Grilled Calamari with Mediterranean Chickpea Salad (Grill pan) DF GF Q	Skinnytaste One and Done	Grill Pan	292	4
Grilled Lemon-Chile Shrimp Summer Salad (Grill pan) DF GF Q	Skinnytaste One and Done	Grill Pan	289	6
Grilled Peach and Watermelon Burrata Salad (Grill pan) DF GF Q	Skinnytaste One and Done	Grill Pan	295	12
Grilled Portobello Spinach Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	145	6
Grilled Scallop and Fennel Salad with Lemon Vinaigrette (Grill pan) DF GF Q	Skinnytaste One and Done	Grill Pan	291	3
Roast Beef and Watercress Pasta Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	144	8
Spiralized Lemon-Basil Zucchini Mason Jar Salads (Spiralizer) DF GF	Skinnytaste Fast and Slow	Zoodles, Squashta, Pasta, and Sauce	98	3
Turkey Santa Fe Taco Salad with Avocado Crema GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	137	5
Tuscan Panzanella Salad with Grilled Garlic Bread GF Q V	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	125	7
Wild Salmon Salad with Balsamic-Caper Vinaigrette GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	133	3

Sandwiches

RECIPE	COOKBOOK	CHAPTER	PG	SP
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Buffalo Chicken Melts GF	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	79	4
Chicken Philly Cheesesteaks Q V	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	84	7
Egg, Tomato, and Scallion Sandwiches Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	90	4
French Bread Pizza Supreme Q V	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	92	8
Greek Salad Pita Pizzas Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	82	6
Grilled Steak Sandwiches Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	89	8
Grilled Vegetable Sandwiches with Pesto Mayonnaise Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	95	6
Pear and Brie Grilled Cheese Q V	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	91	10
Roast Beef Sandwiches with Creamy Horseradish Spread Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	81	8
Spicy Fried Chicken Sandwiches (Air fryer) DF GF Q	Skinnytaste One and Done	Air Fryer	175	8
Summer Lobster Rolls Q V	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	97	4
Turkey Panini with Avocado, Spinach, and Roasted Peppers Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	86	7

Sides

RECIPE	COOKBOOK	CHAPTER	PG	SP
Baked Sweet Plantains with Cheese DF GF Q V	Skinnytaste Fast and Slow	On the Side	259	4

RECIPE	COOKBOOK	CHAPTER	PG	SP
Braised Red Cabbage with Vinegar GF Q V	Skinnytaste Fast and Slow	On the Side	265	0
Burnt Broccoli GF Q V	Skinnytaste Fast and Slow	On the Side	255	3
Cauliflower "Fried Rice" GF Q V	Skinnytaste Fast and Slow	On the Side	260	1
Cheesy Cauliflower "Mash" GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	269	1
Confetti Slaw GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	285	1
Creamy Slow Cooker Buttermilk Mashed Potatoes (Slow cooker) DF GF Q V	Skinnytaste Fast and Slow	On the Side	273	5
Grilled Mexican Corn Salad Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	289	1
Irresistible Vegetable Medley GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	274	3
Italian House Salad with Dijon Vinaigrette GF V	Skinnytaste Fast and Slow	On the Side	252	2
Lemon-Roasted Asparagus GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	278	0
My House Salad, Made with Love V	The Skinnytaste Cookbook	Veggie-Licious Sides	267	3
Pineapple Jicama Slaw GF Q V	Skinnytaste Fast and Slow	On the Side	269	0
Quinoa Tabbouleh GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	287	3
Roasted Acorn Squash with Parmesan GF Q V	Skinnytaste Fast and Slow	On the Side	263	2
Roasted Sesame Green Beans GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	272	1














RECIPE	COOKBOOK	CHAPTER	PG	SP
Roasted Winter Beets and Red Potatoes GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	279	4
Sautéed Broccoli Rabe with Garlic and Oil GF Q	The Skinnytaste Cookbook	Veggie-Licious Sides	284	1
Seasoned Sweet Potato Wedges GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	277	7
Sesame Roasted Cabbage Steaks DF GF Q V	Skinnytaste Fast and Slow	On the Side	270	2
Shredded Brussels Sprouts with Prosciutto GF V	The Skinnytaste Cookbook	Veggie-Licious Sides	283	2
Slow Cooker Sausage-Herb Stuffing (Slow cooker) GF V	Skinnytaste Fast and Slow	On the Side	274	4
Spaghetti Squash with Garlic and Oil DF GF Q V	Skinnytaste Fast and Slow	On the Side	266	3
Squashta (Spaghetti Squash) GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	268	0
Summer Pearl Couscous GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	288	4
Sweet Maple-Roasted Acorn Squash GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	280	4
Tangy Carrot Ribbon Salad GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	275	2
Turmeric-Roasted Cauliflower GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	270	3
Vegetable Fried Brown Rice GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	273	5
Whipped Parmesan Cauliflower Puree GF Q V	Skinnytaste Fast and Slow	On the Side	264	2
Zucchini Wedges with Lemon and Fresh Oregano DF GF Q V	Skinnytaste Fast and Slow	On the Side	256	1

Soups & Chilis

RECIPE	COOKBOOK	CHAPTER	PG	SP
Aztec Chicken, Quinoa, and Avocado Soup GF	The Skinnytaste Cookbook	Soups & Chilis	66	2
Bacalao (Salt Cod) and Potato Stew (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	231	10
Beef Stock in the Slow Cooker (Slow cooker) DF GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	73	0
Beef Stroganoff Noodle Soup (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	151	6
Beef, Tomato, and Acini di Pepe Soup (Pressure cooker) GF Q	Skinnytaste One and Done	Pressure Cooker	155	6
Breadless French Onion Soup with Parmesan-Asiago Crisps Q V	The Skinnytaste Cookbook	Soups & Chilis	55	7
Caldo de Papa (Potato and Short Rib Soup) (Pressure cooker) Q	Skinnytaste One and Done	Pressure Cooker	148	8
Caramelized Onion Soup with Cauliflower and Melted Gruyère (Dutch oven) DF GF Q	Skinnytaste One and Done	Dutch Oven	228	7
Chicken and Lentil Soup (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	127	1
Chicken Pot Pie Soup GF	The Skinnytaste Cookbook	Soups & Chilis	69	5
Chicken Tortilla Soup (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	136	4
Chinese Shrimp and Pork Dumpling Meatball Soup (Dutch oven) DF GF	Skinnytaste One and Done	Dutch Oven	239	5
Chunky Brisket and Cabbage Soup (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	265	3

RECIPE	COOKBOOK	CHAPTER	PG	SP
Cinnamon-Roasted Butternut Squash Soup GF Q	The Skinnytaste Cookbook	Soups & Chilis	61	5
Colombian Chicken and Potato Soup (Pressure cooker) GF V	Skinnytaste One and Done	Pressure Cooker	123	8
Cream of Zucchini Soup GF Q V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	43	3
Creamy Cheddar-Broccoli Soup (Dutch oven) DF GF Q	Skinnytaste One and Done	Dutch Oven	243	6
Dad's Cauliflower Soup GF V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	40	2
Drunken Seafood Stew GF Q V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	48	2
Easy Lamb Stew with Chickpeas (Pressure cooker) DF GF	Skinnytaste One and Done	Pressure Cooker	156	4
Ham and White Bean Soup (Slow cooker) DF GF	Skinnytaste One and Done	Slow Cooker	257	2
Italian Escarole and White Bean Soup GF	The Skinnytaste Cookbook	Soups & Chilis	57	6
Katia's Caldo Gallego	The Skinnytaste Cookbook	Soups & Chilis	72	7
Mexican Pinto Beans with Queso (Pressure cooker) V	Skinnytaste One and Done	Pressure Cooker	165	3
Milda's Caldeirada (Portuguese Seafood Stew) (Dutch oven) Q	Skinnytaste One and Done	Dutch Oven	236	6
Mini Turkey Meatball Vegetable Soup (Dutch oven) GF Q	Skinnytaste One and Done	Dutch Oven	220	4
Mussel Chowder with Bacon (Dutch oven) DF GF	Skinnytaste One and Done	Dutch Oven	232	6
Navy Bean, Bacon, and Spinach Soup (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	144	1



RECIPE	COOKBOOK	CHAPTER	PG	SP
Pasta e Fagioli Q V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	47	4
Pressure Cooker Chicken Soup for My Soul GF Q V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	44	5
Roasted Chicken Stock in the Slow Cooker (Slow cooker) DF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	72	0
Roasted Pepper and Orzo Soup DF GF Q	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	45	2
Rustic Italian Gnocchi Soup GF	The Skinnytaste Cookbook	Soups & Chilis	70	6
Shepherd's Pie Stew (Dutch oven) GF	Skinnytaste One and Done	Dutch Oven	224	9
Shortcut Vietnamese Chicken Pho (Pressure cooker) GF	Skinnytaste One and Done	Pressure Cooker	131	8
Shrimp Jambalaya (Dutch oven) DF GF	Skinnytaste One and Done	Dutch Oven	240	10
Silky Edamame Soup GF V	The Skinnytaste Cookbook	Soups & Chilis	62	1
Slow Cooker Beef and Two-Bean Chili (Slow cooker) DF GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	66	5
Slow Cooker Beef Stew with Sweet Potatoes (Slow cooker) GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	69	6
Slow Cooker Butternut-Apple Soup with Crispy Leeks (Slow cooker)	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	57	3
Slow Cooker Chicken and Dumpling Soup (Slow cooker) GF	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	54	4
Slow-Cooker Chicken Enchilada Soup (Slow cooker) GF	The Skinnytaste Cookbook	Soups & Chilis	64	3
Slow Cooker Chicken Taco Chili (Slow cooker) GF V	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	62	0

RECIPE	COOKBOOK	CHAPTER	PG	SP
Slow Cooker Creamy Tomato Soup (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	58	5
Slow Cooker Italian Sausage and White Bean Soup with Escarole (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	51	3
Slow Cooker Lasagna Soup (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	53	7
Slow-Cooker Santa Fe Chicken (Slow cooker) 	The Skinnytaste Cookbook	Soups & Chilis	73	0
Slow Cooker Stuffed Pepper Soup (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	50	5
Slow Cooker Turkey, White Bean, and Pumpkin Chili (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	65	4
Slow Cooker Vegetable Yellow Split Pea Soup (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	61	1
Slow Cooker Venison Stew (Slow cooker) 	Skinnytaste Fast and Slow	Chilis, Soups, and Stews	70	2
Slow-Cooker White Bean Chicken Chili Verde (Slow cooker) 	The Skinnytaste Cookbook	Soups & Chilis	75	1
Southwestern Beef and Black Bean Chili (Slow cooker) 	Skinnytaste One and Done	Slow Cooker	264	3
Split Pea Soup with Smoked Turkey (Slow cooker) 	Skinnytaste One and Done	Slow Cooker	258	1
Tomato-Spinach Tortellini Soup (Pressure cooker) 	Skinnytaste One and Done	Pressure Cooker	162	6
Too-Good-to-Be-True Baked Potato Soup 	The Skinnytaste Cookbook	Soups & Chilis	58	5
Turkey Cheeseburger Soup (Pressure cooker)	Skinnytaste One and Done	Pressure Cooker	140	7

RECIPE	COOKBOOK	CHAPTER	PG	SP
"Un"stuffed Cabbage Soup GF Q V	The Skinnytaste Cookbook	Soups & Chilis	63	2
Vegetarian Butternut Chili (Slow cooker) V	Skinnytaste One and Done	Slow Cooker	272	3
White Chicken Chili with Hominy (Pressure cooker) DF GF Q	Skinnytaste One and Done	Pressure Cooker	132	5

Tacos

RECIPE	COOKBOOK	CHAPTER	PG	SP
Ahi Tuna Poke Jicama Tacos DF GF Q	Skinnytaste Fast and Slow	Taco Night	132	3
Cauliflower-Potato Tacos with Lime-Cilantro Chutney DF GF Q	Skinnytaste Fast and Slow	Taco Night	135	6
Grilled Cumin-Rubbed Skirt Steak Tacos with Pickled Red Onions GF Q	Skinnytaste Fast and Slow	Taco Night	128	8
Grilled Greek Chicken Tostadas GF	Skinnytaste Fast and Slow	Taco Night	127	9
Madison's Favorite Beef Tacos (Slow cooker) GF	Skinnytaste Fast and Slow	Taco Night	139	9
Slow Cooker Hawaiian Pork Tacos with Charred Pineapple Salsa (Slow cooker) DF GF	Skinnytaste Fast and Slow	Taco Night	142	8
Slow Cooker Korean-Style Beef Tacos (Slow cooker) GF	Skinnytaste Fast and Slow	Taco Night	140	7
Slow Cooker Salsa Verde Chicken Taquitos (Slow cooker) GF Q V	Skinnytaste Fast and Slow	Taco Night	136	8
Slow Cooker Vegetarian Black Bean Tacos (Slow cooker) DF GF	Skinnytaste Fast and Slow	Taco Night	145	9
Spicy Lump Crab and Charred Corn Flaco "Tacos" DF GF Q	Skinnytaste Fast and Slow	Taco Night	131	2

RECIPE	COOKBOOK	CHAPTER	PG	SP
Tex-Mex Turkey Tacos (Slow cooker)  	Skinnytaste One and Done	Slow Cooker	261	9