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\*SP = Smart Points

## Appetizers

RECIPE	COOKBOOK	CHAPTER	PG	SP
Baked Zucchini Sticks  	The Skinnytaste Cookbook	Skinny Bites	109	
Bangin' Good Shrimp 	The Skinnytaste Cookbook	Skinny Bites	116	
Caliente Bean and Queso Dip 	The Skinnytaste Cookbook	Skinny Bites	101	
Cheesy "Fried" Mozzarella Bites   	The Skinnytaste Cookbook	Skinny Bites	112	
Garden Pico de Gallo   	The Skinnytaste Cookbook	Skinny Bites	120	
Guiltless Sausage-Stuffed Mushrooms   	The Skinnytaste Cookbook	Skinny Bites	102	
Lemony Herb Hummus 	The Skinnytaste Cookbook	Skinny Bites	111	
Less-Guilt Zesty Mango Guacamole  	The Skinnytaste Cookbook	Skinny Bites	118	
Loaded "Nacho" Potato Skins	The Skinnytaste Cookbook	Skinny Bites	105	
Petite Baked Crab Cakes	The Skinnytaste Cookbook	Skinny Bites	115	
Roasted Edamame with Sea Salt 	The Skinnytaste Cookbook	Skinny Bites	107	
Skinny Green Goddess Dip   	The Skinnytaste Cookbook	Skinny Bites	119	

## Breakfast & Brunch

RECIPE	COOKBOOK	CHAPTER	PG	SP
Apple 'n' Spice Baked Oatmeal  	The Skinnytaste Cookbook	Sunny Mornings	30	
Cali Avocado Egg Sandwich  	The Skinnytaste Cookbook	Sunny Mornings	37	
Coco-Loco Mango Green Smoothie   	The Skinnytaste Cookbook	Sunny Mornings	24	
Corny Banana-Blueberry Pancakes  	The Skinnytaste Cookbook	Sunny Mornings	48	
Dad's Jammin' Crêpes  	The Skinnytaste Cookbook	Sunny Mornings	51	
Good-For-You Granola   	The Skinnytaste Cookbook	Sunny Mornings	26	
Greek-a-Licious Egg White Omelet	The Skinnytaste Cookbook	Sunny Mornings	33	
Guiltless Chocolate Chip Pancakes 	The Skinnytaste Cookbook	Sunny Mornings	47	
Heavenly Banana-Nut Oat Muffins 	The Skinnytaste Cookbook	Sunny Mornings	45	
Make-Ahead Western Omelet "Muffins"   	The Skinnytaste Cookbook	Sunny Mornings	29	
Naked Eggs Benedict  	The Skinnytaste Cookbook	Sunny Mornings	32	
Open-Face Bagels with Scallion-Lox Cream Cheese  	The Skinnytaste Cookbook	Sunny Mornings	39	
Paradise Parfait  	The Skinnytaste Cookbook	Sunny Mornings	27	
PB&J Overnight Oats in a Jar    	The Skinnytaste Cookbook	Sunny Mornings	23	

RECIPE	COOKBOOK	CHAPTER	PG	SP
Pumpkin-Obsessed Vanilla-Glazed Scones GF Q V	The Skinnytaste Cookbook	Sunny Mornings	42	7
"Que Rico" Breakfast Tostada Q	The Skinnytaste Cookbook	Sunny Mornings	41	5
Winter Potato, Kale, and Sausage Frittata GF Q V	The Skinnytaste Cookbook	Sunny Mornings	35	3

## Chicken & Other Poultry

RECIPE	COOKBOOK	CHAPTER	PG	SP
Asian Peanut Noodles with Chicken	The Skinnytaste Cookbook	Perfect Poultry	178	8
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
Chicken Cordon Bleu Meatballs Q	The Skinnytaste Cookbook	Perfect Poultry	163	7
Chicken Marsala on the Lighter Side	The Skinnytaste Cookbook	Perfect Poultry	167	4
Chicken Pasta Caprese GF Q	The Skinnytaste Cookbook	Perfect Poultry	184	8
Chicken Rollatini Stuffed with Zucchini and Mozzarella	The Skinnytaste Cookbook	Perfect Poultry	152	6
Fettuccine Alfredo with Chicken and Broccoli GF Q	The Skinnytaste Cookbook	Perfect Poultry	161	9
Italian Sausage with Peppers and Onions Q	The Skinnytaste Cookbook	Perfect Poultry	159	4
Naked Persian Turkey Burgers GF	The Skinnytaste Cookbook	Perfect Poultry	156	6
Orecchiette with Sausage, Baby Kale, and Bell Pepper GF Q	The Skinnytaste Cookbook	Perfect Poultry	181	11

RECIPE	COOKBOOK	CHAPTER	PG	SP
Roasted Poblanos Rellenos with Chicken	The Skinnytaste Cookbook	Perfect Poultry	173	7
Skinny Chicken Parmesan GF	The Skinnytaste Cookbook	Perfect Poultry	177	4
Slow-Cooker Jerk Chicken Tacos with Caribbean Salsa (Slow cooker)	The Skinnytaste Cookbook	Perfect Poultry	155	4
So-Addicted Chicken Enchiladas GF Q	The Skinnytaste Cookbook	Perfect Poultry	171	4
Spaghetti "Squashta" with Turkey Bolognese Q	The Skinnytaste Cookbook	Perfect Poultry	169	6

## Dessert

RECIPE	COOKBOOK	CHAPTER	PG	SP
Almost Sinful Maple-Raisin Bread Pudding GF Q V	The Skinnytaste Cookbook	Skinny Sweet Tooth	301	7
Baked Bananas Foster à la Mode V	The Skinnytaste Cookbook	Skinny Sweet Tooth	299	6
Coconut Panna Cotta with Fresh Raspberries V	The Skinnytaste Cookbook	Skinny Sweet Tooth	296	5
Delightful Poached Pears with Yogurt GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	303	11
Double Chocolate Chunk Walnut Cookies GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	292	6
Frozen Dark Chocolate–Almond Bananas GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	309	5
Matcha Milkshake GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	313	8
Mini Pavlovas with Fresh Fruit V	The Skinnytaste Cookbook	Skinny Sweet Tooth	307	4
Piña Colada Chia Pudding V	The Skinnytaste Cookbook	Skinny Sweet Tooth	302	5

RECIPE	COOKBOOK	CHAPTER	PG	SP
Silky Chocolate Cream Pie Q V	The Skinnytaste Cookbook	Skinny Sweet Tooth	295	9
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
Warm Apple-Pear Crumble GF	The Skinnytaste Cookbook	Skinny Sweet Tooth	298	8
Watermelon Lime Granita GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	310	2

## Fish

RECIPE	COOKBOOK	CHAPTER	PG	SP
Cilantro-Lime Shrimp GF Q	The Skinnytaste Cookbook	Fabulous Fish	225	1
Easy Broccolini Flounder Bake GF Q	The Skinnytaste Cookbook	Fabulous Fish	216	2
Garlicky Lemon Shrimp and Broccolini Stir-Fry Q	The Skinnytaste Cookbook	Fabulous Fish	228	1
Kiss My (Shrimp and) Grits GF Q	The Skinnytaste Cookbook	Fabulous Fish	219	5
Mahi Mahi Fish Tacos with Spicy Avocado Cream GF Q	The Skinnytaste Cookbook	Fabulous Fish	222	4
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
Spanish Seafood Stew GF Q	The Skinnytaste Cookbook	Fabulous Fish	232	5

RECIPE	COOKBOOK	CHAPTER	PG	SP
Striped Bass with Garlic Crumb Topping GF Q	The Skinnytaste Cookbook	Fabulous Fish	227	3
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

## Lean Meats

RECIPE	COOKBOOK	CHAPTER	PG	SP
Colombian Carne Asada with Ají Picante GF	The Skinnytaste Cookbook	Lean Meat Dishes	194	4
Cubano-Style Stuffed Pork Tenderloin GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	205	3
Grilled Lamb Chops with Mint Yogurt Sauce	The Skinnytaste Cookbook	Lean Meat Dishes	202	8
Grilled Lamb Skewers with Harissa Dipping Sauce GF	The Skinnytaste Cookbook	Lean Meat Dishes	206	3
Mongolian Beef and Broccoli GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	190	8
Noodle-Less Zucchini Lasagna GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	209	9
Skinny Salisbury Steak with Mushroom Gravy GF	The Skinnytaste Cookbook	Lean Meat Dishes	201	5
Slow-Cooker Mexican Pork Carnitas (Slow cooker) GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	197	3
Slow-Cooker Picadillo (Slow cooker) GF Q	The Skinnytaste Cookbook	Lean Meat Dishes	193	3
Sunday Night Roast Beef and Gravy GF	The Skinnytaste Cookbook	Lean Meat Dishes	211	3

RECIPE	COOKBOOK	CHAPTER	PG	SP
Teriyaki-Glazed Grilled Pork Chops with Pineapple Salsa GF	The Skinnytaste Cookbook	Lean Meat Dishes	198	5

## Meatless Mains

RECIPE	COOKBOOK	CHAPTER	PG	SP
Black Bean Burrito Bowls GF V	The Skinnytaste Cookbook	Meatless Mains	251	9
Butternut Squash Lasagna Rolls V	The Skinnytaste Cookbook	Meatless Mains	248	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
Creamy Carrot Farrotto GF V	The Skinnytaste Cookbook	Meatless Mains	245	9
Crustless Swiss Chard Pie GF Q V	The Skinnytaste Cookbook	Meatless Mains	240	3
Quinoa-Stuffed Peppers V	The Skinnytaste Cookbook	Meatless Mains	242	5
Skinny Broccoli Mac and Cheese GF V	The Skinnytaste Cookbook	Meatless Mains	257	10
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
Tricolor Summer Penne	The Skinnytaste Cookbook	Meatless Mains	239	8



























## Salads

RECIPE	COOKBOOK	CHAPTER	PG	SP
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 Shrimp 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
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 Portobello Spinach Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	145	7
Roast Beef and Watercress Pasta Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	144	8
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 	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	
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	

## Sides

RECIPE	COOKBOOK	CHAPTER	PG	SP
Cheesy Cauliflower "Mash"   	The Skinnytaste Cookbook	Veggie-Licious Sides	269	
Confetti Slaw   	The Skinnytaste Cookbook	Veggie-Licious Sides	285	

RECIPE	COOKBOOK	CHAPTER	PG	SP
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
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
Quinoa Tabbouleh GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	287	3
Roasted Sesame Green Beans GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	272	1
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
Shredded Brussels Sprouts with Prosciutto GF V	The Skinnytaste Cookbook	Veggie-Licious Sides	283	2
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

RECIPE	COOKBOOK	CHAPTER	PG	SP
Vegetable Fried Brown Rice GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	273	6

## Soups & Chilis

RECIPE	COOKBOOK	CHAPTER	PG	SP
Aztec Chicken, Quinoa, and Avocado Soup GF	The Skinnytaste Cookbook	Soups & Chilis	66	2
Breadless French Onion Soup with Parmesan-Asiago Crisps Q V	The Skinnytaste Cookbook	Soups & Chilis	55	7
Chicken Pot Pie Soup GF	The Skinnytaste Cookbook	Soups & Chilis	69	5
Cinnamon-Roasted Butternut Squash Soup GF Q	The Skinnytaste Cookbook	Soups & Chilis	61	5
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
Rustic Italian Gnocchi Soup GF	The Skinnytaste Cookbook	Soups & Chilis	70	6
Silky Edamame Soup GF V	The Skinnytaste Cookbook	Soups & Chilis	62	1
Slow-Cooker Chicken Enchilada Soup (Slow cooker) GF	The Skinnytaste Cookbook	Soups & Chilis	64	3
Slow-Cooker Santa Fe Chicken (Slow cooker) GF	The Skinnytaste Cookbook	Soups & Chilis	73	0
Slow-Cooker White Bean Chicken Chili Verde (Slow cooker) GF	The Skinnytaste Cookbook	Soups & Chilis	75	1
Too-Good-to-Be-True Baked Potato Soup GF Q V	The Skinnytaste Cookbook	Soups & Chilis	58	5

RECIPE	COOKBOOK	CHAPTER	PG	SP
"Un"stuffed Cabbage Soup GF Q V	The Skinnytaste Cookbook	Soups & Chilis	63	2