

skinnytaste | Cookbook Index

*SP = Smart Points

Big Batches & Planned-Overs

RECIPE	COOKBOOK	CHAPTER	PG	SP
Basil Pomodoro Sauce DF FM GF Q V	Skinnytaste Meal Prep	Sauces	294	0 0 1
Bean and Turkey Tostadas GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	279	9 9 9
Chicken and Broccoli Rabe Wraps DF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	252	7 9 7
Chicken Chive Wontons FM	Skinnytaste Meal Prep	Chicken & Other Poultry	284	12 12 12
Chicken Souvlaki Pitas Q	Skinnytaste Meal Prep	Chicken & Other Poultry	256	7 9 7
Five-Spice Glazed Pork Tenderloin DF FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	280	6 6 6
Greek Gyro Salad GF Q	Skinnytaste Meal Prep	Salad	293	11 11 11
Gyro Loaf DF FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	290	7 7 7
Herb Turkey Breast with Gravy DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	259	5 5 5
Instant Pot Colombian Beans (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Sides	276	1 3 1
Paprika Whole Roasted Chicken DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	248	8 8 8
Personal Turkey Pot Pies FM	Skinnytaste Meal Prep	Chicken & Other Poultry	260	9 14 9

RECIPE	COOKBOOK	CHAPTER	PG	SP
Pollo Asado (Latin Rotisserie Style Roasted Chicken) DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	251	8 8 8
Pork Shoulder Ragu with Cauliflower Polenta GF Q	Skinnytaste Meal Prep	Beef, Pork, & Lamb	275	9 9 9
Quick Five-Spice Pork Ramen DF Q	Skinnytaste Meal Prep	Beef, Pork, & Lamb	283	9 11 9
Rotisserie Summer Chicken Bowls with Smoked Paprika Aioli DF GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	255	6 9 6
Salmon Fried Rice with Asparagus DF FM GF Q	Skinnytaste Meal Prep	Fish	267	6 12 2
Salmon Nicoise Salad DF GF	Skinnytaste Meal Prep	Salad	271	6 14 3
Sheet Pan Herb Salmon with Broccolini and Tomatoes DF GF Q	Skinnytaste Meal Prep	Fish	264	3 7 3
Shrimp and Celery Wontons FM	Skinnytaste Meal Prep	Seafood	284	7 9 7
Slow Cooker Italian Pulled Pork (Slow Cooker) DF FM GF SC	Skinnytaste Meal Prep	Beef, Pork, & Lamb	272	5 5 5
Soy Dipping Sauce DF GF V	Skinnytaste Meal Prep	Sauces	285	3 3 3
Spicy Salmon Poke Bowls DF GF Q	Skinnytaste Meal Prep	Fish	268	8 13 4
Spicy Veggie Wontons FM	Skinnytaste Meal Prep	Meatless Main	284	7 7 7
Turkey Cranberry Salad DF GF Q	Skinnytaste Meal Prep	Salad	263	2 4 2
Wonton Soup DF FM Q	Skinnytaste Meal Prep	Soups & Chilis	289	6 6 6

Bonus Recipes

RECIPE	COOKBOOK	CHAPTER	PG	SP
Balsamic Green Bean Salad DF	Skinnytaste Meal Prep	Salad	307	5 7 5
Italian Cobb Salad DF GF Q	Skinnytaste Meal Prep	Salad	308	7 11 7
Veggie Sushi Bowls DF GF Q V	Skinnytaste Meal Prep	Meatless Main	312	8 10 3
White Bean Patties with Lemon Basil Aioli FM GF V	Skinnytaste Meal Prep	Meatless Main	311	7 13 7

Breakfast

RECIPE	COOKBOOK	CHAPTER	PG	SP
Almond Flour Banana Crumb Muffins DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	60	5 5 5
Avena (Oatmeal Smoothie) DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	36	6 6 4
Baked Oatmeal Cups: Apple Cinnamon DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	6 6 3
Baked Oatmeal Cups: Blueberry Banana DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	6 6 2
Baked Oatmeal Cups: Mixed Berry DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	6 6 3
Baked Oatmeal Cups: Peaches & Cream FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	7 7 3
Breakfast Fried Rice DF GF Q	Skinnytaste Meal Prep	Breakfast & Brunch	39	4 7 1
Breakfast On-the-Run Bowls (Air Fryer) AF DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	32	4 8 4

RECIPE	COOKBOOK	CHAPTER	PG	SP
Breakfast Quesadillas GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	52	7 10 7
Classic Egg Salad DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	56	3 6 3
Greek Yogurt Raspberry Loaf FM V	Skinnytaste Meal Prep	Breakfast & Brunch	63	6 7 6
Instant Egg White Steel Cut Oats (Instant Pot) DF GF PC V	Skinnytaste Meal Prep	Breakfast & Brunch	59	7 8 4
Italian Sausage and Ricotta Frittata GF Q	Skinnytaste Meal Prep	Breakfast & Brunch	55	4 8 4
Lemon Blueberry Buttermilk Sheet Pan Pancakes FM Q V	Skinnytaste Meal Prep	Breakfast & Brunch	45	6 6 6
Pina Colada Yogurt Bowls DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	35	4 6 4
Sausage, Egg, and Cheese Breakfast Sandwiches FM GF	Skinnytaste Meal Prep	Breakfast & Brunch	51	6 8 6
Strawberry and Cottage Cheese Jars GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	48	4 4 4
Stuffed Bagel Balls (Air Fryer) AF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	42	8 8 8

Freezer Favorites: Meat & Seafood

RECIPE	COOKBOOK	CHAPTER	PG	SP
Autumn Stuffed Acorn Squash DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	221	5 5 3
Chicken and Chickpea Stew (Slow Cooker, Instant Pot) DF FM GF PC SC	Skinnytaste Meal Prep	Soups & Chilis	209	3 14 5
Chicken Orzo Soup with Dill (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Soups & Chilis	210	5 5 5

RECIPE	COOKBOOK	CHAPTER	PG	SP
DIY Chicken Taco Kits GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	217	8 8 8
Freezer Chicken Black Bean Burritos (Slow Cooker) FM SC	Skinnytaste Meal Prep	Chicken & Other Poultry	198	4 5 3
Freezer-to-Instant Pot Chicken and Dumpling Soup (Instant Pot) DF FM PC	Skinnytaste Meal Prep	Soups & Chilis	195	4 5 4
Freezer-to-Instant Pot Cream of Chicken and Wild Rice Soup (Instant Pot) FM GF PC	Skinnytaste Meal Prep	Soups & Chilis	201	5 6 2
Freezer to Instant Pot Thai Chicken with Butternut Squash (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Chicken & Other Poultry	202	10 10 10
Frozen Fish Sticks with Dill Tartar Sauce (Air Fryer) AF FM GF	Skinnytaste Meal Prep	Fish	242	5 6 5
Greek Lemon Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	0 3 0
Honey-Soy Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	1 4 1
Indian-Inspired Shepherd's Pie FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	230	6 7 4
Instant Pot Cajun Red Beans and Rice (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Meatless Main	205	6 10 6
Instant Pot Chicken and Shrimp Gumbo (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Chicken & Other Poultry	206	9 10 6
Italian Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	1 3 1
Italian Stuffed Jalapeno Peppers FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	218	9 10 8
Lentil Soup with Bacon DF FM GF	Skinnytaste Meal Prep	Soups & Chilis	241	0 5 0





















































RECIPE	COOKBOOK	CHAPTER	PG	SP
Low Country Boil Foil Packets DF FM GF Q	Skinnytaste Meal Prep	Seafood	234	5 8 3
Maple-Dijon Soy Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	1 4 1
Moussaka Makeover FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	233	9 10 9
Pollo Guisado (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Chicken & Other Poultry	214	4 4 4
Shawarma Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	0 2 0
Sicilian Rice Ball (Arancini) Casserole FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	226	10 10 10
Slow Cooker BBQ Brisket (Slow Cooker) DF FM GF SC	Skinnytaste Meal Prep	Beef, Pork, & Lamb	237	6 6 6
Slow Cooker White Bean Chicken Chili (Slow Cooker) DF FM GF PC SC	Skinnytaste Meal Prep	Soups & Chilis	213	0 5 0
Sofrito Stuffed Cabbage Rolls DF FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	222	6 6 4
Southwest Salmon Burgers AF DF FM	Skinnytaste Meal Prep	Fish	245	6 9 6
Turkey Cheeseburger Egg Rolls (Air Fryer) AF FM	Skinnytaste Meal Prep	Chicken & Other Poultry	229	8 8 8
Turkey Taquitos FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	225	9 9 9
Winter Brisket and Barley Soup (Instant Pot) DF FM PC	Skinnytaste Meal Prep	Soups & Chilis	238	5 5 4

Freezer Favorites: Vegetarian




























RECIPE	COOKBOOK	CHAPTER	PG	SP
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Baked Spinach Stuffed Shells FM V	Skinnytaste Meal Prep	Meatless Main	170	9	9	9
Best Enchilada Sauce	Skinnytaste Meal Prep	Sauces	185	0	0	0
Black Bean and Butternut Enchilada Bake FM GF V	Skinnytaste Meal Prep	Meatless Main	185	7	8	7
Broccoli Grilled Cheese FM GF V	Skinnytaste Meal Prep	Meatless Main	165	10	10	10
Carrot Tomato Ginger Soup DF FM GF V	Skinnytaste Meal Prep	Soups & Chilis	169	1	1	1
Chickpea Spinach Tomato Curry DF FM GF Q V	Skinnytaste Meal Prep	Meatless Main	173	8	15	8
Eggplant Parmesan FM GF V	Skinnytaste Meal Prep	Meatless Main	174	7	7	7
Falafel Chickpea Burgers FM GF V	Skinnytaste Meal Prep	Meatless Main	189	4	9	3
Ribollita Soup DF FM Q V	Skinnytaste Meal Prep	Soups & Chilis	160	4	6	4
Roasted Vegetable Lasagna FM V	Skinnytaste Meal Prep	Meatless Main	181	13	13	13
Slow Cooker Coconut Red Curry Butternut Soup (Slow Cooker) DF FM GF SC V	Skinnytaste Meal Prep	Soups & Chilis	166	3	3	3
Tomato Basil Soup FM GF V	Skinnytaste Meal Prep	Soups & Chilis	163	2	2	2
Torta Pasqualina (Spinach Pie) FM GF V	Skinnytaste Meal Prep	Meatless Main	178	8	10	8
Zucchini Pupusas FM GF V	Skinnytaste Meal Prep	Meatless Main	182	5	5	5
Zucchini Rollatini FM GF V	Skinnytaste Meal Prep	Meatless Main	177	9	10	9

Hearty Salads

RECIPE	COOKBOOK	CHAPTER	PG	SP
Cauliflower Tabbouleh Bowls with Chickpeas and Hummus 	Skinnytaste Meal Prep	Meatless Main	82	  
Cold Soba Sesame Salad 	Skinnytaste Meal Prep	Salad	85	  
Fiesta Quinoa Salad (Instant Pot) 	Skinnytaste Meal Prep	Salad	89	  
Food Cart-Style Chicken Salad with White Sauce 	Skinnytaste Meal Prep	Chicken & Other Poultry	69	  
Greek Chickpea Salad 	Skinnytaste Meal Prep	Salad	78	  
Grilled Shrimp with Cucumber Chickpea Salad 	Skinnytaste Meal Prep	Salad	73	  
Instant Pot Beet Salad with Citrus and Orange Ricotta (Instant Pot) 	Skinnytaste Meal Prep	Salad	86	  
Ramen Salad Bowls with Grilled Chicken 	Skinnytaste Meal Prep	Chicken & Other Poultry	66	  
Shrimp Salad with Dill 	Skinnytaste Meal Prep	Seafood	74	  
Surf and Turf Salad with Gorgonzola and Bacon 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	81	  
Taco Salad Meal Prep 	Skinnytaste Meal Prep	Salad	70	  
Tuna and White Bean Salad 	Skinnytaste Meal Prep	Salad	77	  
Vegan Hummus Kale Wraps 	Skinnytaste Meal Prep	Meatless Main	90	  


Mix & Match Bowls

RECIPE	COOKBOOK	CHAPTER	PG	SP
Banh Mi Turkey Meatball Rice Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	118	
California Roll Bowls 	Skinnytaste Meal Prep	Meatless Main	129	
Chicken Larb Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	105	
Chili-Lime Chicken and Black Bean Cauli-Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	110	
Chimichurri 	Skinnytaste Meal Prep	Sauces	101	
Greek Chicken Pilaf Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	109	
Juicy Italian Chicken Meatballs 	Skinnytaste Meal Prep	Chicken & Other Poultry	102	
Kofta Meatball Couscous Bowls 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	122	
Korean Beef and Rice Bowls 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	125	
Pesto Chicken and Roasted Veggie Farro Bowls	Skinnytaste Meal Prep	Chicken & Other Poultry	117	
Pico de Gallo 	Skinnytaste Meal Prep	Sauces	101	
Roasted Cauliflower Shawarma Lettuce Wraps 	Skinnytaste Meal Prep	Meatless Main	130	
Roasted Veggie and Barley Buddha Bowl 	Skinnytaste Meal Prep	Meatless Main	126	
Roasted Winter Veggie Quinoa Bowls 	Skinnytaste Meal Prep	Meatless Main	134	

RECIPE	COOKBOOK	CHAPTER	PG	SP
Sheet Pan Mediterranean Chicken and Veggies GF	Skinnytaste Meal Prep	Chicken & Other Poultry	113	9 9 9
Slow Cooker Chicken Enchilada Rice Bowls (Slow Cooker) GF SC	Skinnytaste Meal Prep	Chicken & Other Poultry	106	9 12 5
Smashed Broccoli Pecorino Farro Bowls Q V	Skinnytaste Meal Prep	Meatless Main	133	10 10 3
Spicy Peanut-Hoisin Sauce DF GF Q V	Skinnytaste Meal Prep	Sauces	101	3 3 3
Spinach Arugula Pesto GF Q V	Skinnytaste Meal Prep	Sauces	101	4 4 4
Stuffed Chicken Parmesan and Asparagus FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	114	8 12 8
Thai Shrimp Cakes with Cucumber Salad DF GF Q	Skinnytaste Meal Prep	Salad	121	8 9 2

Smart Snacks

RECIPE	COOKBOOK	CHAPTER	PG	SP
Air Popped Popcorn with Sea Salt DF GF Q V	Skinnytaste Meal Prep	Appetizers & Snacks	149	3 3 0
BBQ Roasted Green Peas DF GF V	Skinnytaste Meal Prep	Appetizers & Snacks	146	2 5 2
Buffalo Chicken-Stuffed Celery Sticks GF Q	Skinnytaste Meal Prep	Appetizers & Snacks	141	2 2 2
California Tuna Salad Stuffed Cucumber DF GF Q	Skinnytaste Meal Prep	Appetizers & Snacks	142	1 1 1
Deviled Eggs with Lox GF Q	Skinnytaste Meal Prep	Appetizers & Snacks	138	2 4 2
DIY Protein Bistro Snack Boxes GF Q V	Skinnytaste Meal Prep	Appetizers & Snacks	154	8 12 8

RECIPE	COOKBOOK	CHAPTER	PG	SP
"Everything" Nuts 	Skinnytaste Meal Prep	Appetizers & Snacks	150	
PB + J Healthy Oatmeal Cookies 	Skinnytaste Meal Prep	Appetizers & Snacks	153	
Pumpkin Hummus 	Skinnytaste Meal Prep	Appetizers & Snacks	157	
Zucchini Chips 	Skinnytaste Meal Prep	Appetizers & Snacks	145	