

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

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

## Bonus Recipes

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

## Breakfast

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

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

## Freezer Favorites: Meat & Seafood















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

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














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

## Freezer Favorites: Vegetarian

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

## Hearty Salads

RECIPE	COOKBOOK	CHAPTER	PG	SP
Cauliflower Tabbouleh Bowls with Chickpeas and Hummus 	Skinnytaste Meal Prep	Meatless Main	82	3
Cold Soba Sesame Salad 	Skinnytaste Meal Prep	Salad	85	2
Fiesta Quinoa Salad (Instant Pot) 	Skinnytaste Meal Prep	Salad	89	2
Food Cart-Style Chicken Salad with White Sauce 	Skinnytaste Meal Prep	Chicken & Other Poultry	69	3
Greek Chickpea Salad 	Skinnytaste Meal Prep	Salad	78	7
Grilled Shrimp with Cucumber Chickpea Salad 	Skinnytaste Meal Prep	Salad	73	2
Instant Pot Beet Salad with Citrus and Orange Ricotta (Instant Pot) 	Skinnytaste Meal Prep	Salad	86	7
Ramen Salad Bowls with Grilled Chicken 	Skinnytaste Meal Prep	Chicken & Other Poultry	66	11
Shrimp Salad with Dill 	Skinnytaste Meal Prep	Seafood	74	1
Surf and Turf Salad with Gorgonzola and Bacon 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	81	7
Taco Salad Meal Prep 	Skinnytaste Meal Prep	Salad	70	8
Tuna and White Bean Salad 	Skinnytaste Meal Prep	Salad	77	4
Vegan Hummus Kale Wraps 	Skinnytaste Meal Prep	Meatless Main	90	8




## Mix & Match Bowls

RECIPE	COOKBOOK	CHAPTER	PG	SP
Banh Mi Turkey Meatball Rice Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	118	<b>7</b>
California Roll Bowls 	Skinnytaste Meal Prep	Meatless Main	129	<b>3</b>
Chicken Larb Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	105	<b>4</b>
Chili-Lime Chicken and Black Bean Cauli-Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	110	<b>6</b>
Chimichurri 	Skinnytaste Meal Prep	Sauces	101	<b>2</b>
Greek Chicken Pilaf Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	109	<b>5</b>
Juicy Italian Chicken Meatballs 	Skinnytaste Meal Prep	Chicken & Other Poultry	102	<b>6</b>
Kofta Meatball Couscous Bowls 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	122	<b>9</b>
Korean Beef and Rice Bowls 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	125	<b>5</b>
Pesto Chicken and Roasted Veggie Farro Bowls	Skinnytaste Meal Prep	Chicken & Other Poultry	117	<b>3</b>
Pico de Gallo 	Skinnytaste Meal Prep	Sauces	101	<b>0</b>
Roasted Cauliflower Shawarma Lettuce Wraps 	Skinnytaste Meal Prep	Meatless Main	130	<b>7</b>
Roasted Veggie and Barley Buddha Bowl 	Skinnytaste Meal Prep	Meatless Main	126	<b>3</b>
Roasted Winter Veggie Quinoa Bowls 	Skinnytaste Meal Prep	Meatless Main	134	<b>3</b>

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

## Smart Snacks

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