

The Skinny 15 Minute Meals & Hit Workout Plan COOKNATION 2016-11-03 It's time to get SKINNY in 15!! If you are TIME-POOR BUT WANT TO EAT HEALTHY MEALS AND GET YOUR BODY IN SHAPE...YOU CAN, AND ALL IN 15 MINUTES OR LESS!
WEIGHT WATCHERS 5 INGREDIENT, 15 MINUTE COOKBOOK 2002-01

15-MINUTE LOW-CARB RECIPES DANA CARPENDER 2004 NUMEROUS STUDIES AND PERSONAL EXPERIENCE HAVE SHOWN THAT LOW-CARB DIETING IS A FAST, SAFE AND EFFECTIVE WAY OF LOSING WEIGHT AND KEEPING IT OFF. THE PROBLEM FOR MANY PEOPLE IS FINDING REPLACEMENTS FOR ALL THOSE HIGH-CARB MEALS THEY USED TO COOK, WITHOUT EATING THE SAME DISHES FOR EVERY MEAL OR SPENDING HOURS IN THE KITCHEN. THIS COLLECTION OF QUICK AND EASY RECIPES FOR EVERYDAY MEALS SHOULD PROVE VALUABLE, WHETHER YOU ARE COOKING FOR ONE, OR A BUSY MOM WITH FUSSY KIDS TO FEED. INGREDIENTS ARE ALL READILY AVAILABLE AND MOST ARE INEXPENSIVE, CONTRARY TO THE OFTEN HELD BELIEF THAT FOLLOWING A LOW-CARB DIET MEANS A HIGHER FOOD SHOPPING BILL.

SKINNYTASTE FAST AND SLOW GINA HOMOLKA 2016-10-11 80+ UNDER 30 MINUTE DISHES AND 60 SLOW COOKER RECIPES THE EASIEST, TASTIEST, MOST CONVENIENT HEALTHY RECIPES—EVER! WITH SKINNYTASTE FAST AND SLOW, YOU CAN GET A NUTRITIOUS, FLAVOR-PACKED, FIGURE-FRIENDLY MEAL—COMPLETE WITH A FLOURLESS CHOCOLATE BROWNIE MADE IN A SLOW COOKER—ON THE TABLE ANY NIGHT OF THE WEEK. GINA HOMOLKA, FOUNDER OF THE WIDELY ADORED BLOG SKINNYTASTE, SHARES 140 DISHES THAT COME TOGETHER IN A SNAP—WHETHER IN A SLOW COOKER OR IN THE OVEN OR ON THE STOVETOP. FAVORITES INCLUDE: SLOW COOKER CHICKEN AND DUMPLING SOUP KOREAN-STYLE BEEF TACOS SPICY HARISSA LAMB RAGU PEACH-STRAWBERRY CRUMBLE UNDER 30 MINUTES ZUCCHINI NOODLES WITH SHRIMP AND FETA PIZZA-STUFFED CHICKEN ROLL-UPS GRILLED CHEESE WITH HAVARTI, BRUSSELS SPROUTS, AND APPLE CAULIFLOWER "FRIED" RICE EACH RECIPE INCLUDES NUTRITIONAL INFORMATION, WHICH CAN HELP YOU TAKE STEPS TOWARD WEIGHT AND HEALTH GOALS, AND MANY DISHES ARE VEGETARIAN, GLUTEN-FREE, AND FREEZER-FRIENDLY—ALL CALLED OUT WITH HELPFUL ICONS. GINA'S PRACTICAL ADVICE FOR EATING WELL AND 120 COLOR PHOTOS ROUND OUT THIS INDISPENSABLE COOKBOOK. (PLEASE NOTE THAT NUTRITIONAL INFORMATION IS PROVIDED WITH EVERY RECIPE, BUT THE MOST UP-TO-DATE WEIGHT WATCHERS POINTS CAN BE FOUND AT SKINNYTASTE ONLINE.)

EAT UP SLIM DOWN ANNUAL RECIPES 2008 HEALTHY COOKING 2007 150 SIMPLY DELICIOUS RECIPES FOR PERMANENT WEIGHT LOSS.

The Skinny 30 Minute Meals Recipe Book COOKNATION COOKNATION 2016-08-22 GREAT FOOD, EASY RECIPES, PREPARED & COOKED IN 30 MINUTES OR LESS. ALL UNDER 300, 400 & 500 CALORIES SKINNY 30 MINUTE MEALS ARE PERFECT FOR THOSE DAYS WHEN TIME IS NOT ON YOUR SIDE BUT YOU STILL WANT A DELICIOUS, NO FUSS, LOW CALORIE DINNER PREPARED AND COOKED IN UNDER 30 MINUTES. WHETHER YOU ARE SHORT OF TIME OR PERHAPS ARE NOT EXPERIENCED IN THE KITCHEN AND LOOKING FOR QUICK AND EASY RECIPES, YOU'LL LOVE THESE

SIMPLE AND SPEEDY SUPPERS. PERFECT FOR THOSE WEEKDAY NIGHTS WHEN THERE JUST AREN'T ENOUGH HOURS IN THE DAY. WHAT'S REALLY GREAT ABOUT OUR SKINNY 30 MINUTE MEALS IS THEIR SIMPLICITY. EACH RECIPE HAS BEEN CAREFULLY CREATED TO SUIT ANY COOK. OUR SKINNY RECIPES CUT OUT UNNECESSARY INGREDIENTS WITHOUT COMPROMISING ON FLAVOUR SO EVEN THE NOVICE CHEF CAN CREATE A GREAT TASTING WEEKDAY SUPPER UNDER 300, 400 OR 500 CALORIES. OUR SPEEDY TECHNIQUES AND SIMPLE FRESH INGREDIENTS FAST TRACK YOUR MEAL TIMES. IT'S THE GO-TO COOKBOOK FOR BUSY PEOPLE WHO WANT TO CREATE EFFORTLESS, TASTY MEALS WHILE STILL KEEPING TRACK OF CALORIES...ALL IN 30 MINUTES OR LESS.

CLASSIC THIRTY-MINUTE MEALS RACHAEL RAY 2006 AN OUTSTANDING COLLECTION OF RACHAEL RAY'S BEST 30-MINUTE MEALS, NOW IN ONE VOLUME. FEATURES OVER 150 MEALS SELECTED FROM 8 OF OUR BEST-SELLING TITLES.

SKINNY DRIVEN LIVIN COOKBOOK PHASE ONE TINA HERRON 2014-08-21 SKINNY DRIVEN LIVIN'S RECIPES ARE EASY TO MAKE, INEXPENSIVE, CAN BE COOKED IN BATCHES, CAN BE FROZEN, ARE LOW IN CALORIES AND CARBOHYDRATES, AND YET THEY ARE STILL FLAVORFUL. THESE RECIPES CAN HELP YOU GET STARTED OR STAY ON YOUR WEIGHT LOSS JOURNEY. EVEN IF YOU ARE ON A LOW CARBOHYDRATE WEIGHT PROGRAM MONITORED BY A DOCTOR, YOU CAN STILL FIND 5DL RECIPES VERY HELPFUL. THESE RECIPES ARE WRITTEN BY ME, NURSE TINA, CO-OWNER OF SKINNY DRIVEN LIVIN. WE USE THESE RECIPES DAILY.

THE SKINNYTASTE COOKBOOK GINA HOMOLKA 2014-09-30 NEW YORK TIMES BESTSELLER * GET THE RECIPES EVERYONE IS TALKING ABOUT, HANDY NUTRITION FACTS, AND 125 STUNNING PHOTOGRAPHS IN THE DEBUT COOKBOOK FROM THE WILDLY POPULAR BLOG SKINNYTASTE. GINA HOMOLKA IS AMERICA'S MOST TRUSTED HOME COOK WHEN IT COMES TO EASY, FLAVORFUL RECIPES THAT ARE MIRACLOUSLY LOW-CALORIE AND MADE FROM ALL-NATURAL, EASY-TO-FIND INGREDIENTS. HER BLOG, SKINNYTASTE IS THE NUMBER ONE GO-TO SITE FOR SLIMMED DOWN RECIPES THAT YOU'D SWEAR ARE ANYTHING BUT. IT ONLY TAKES ONE LOOK TO SEE WHY PEOPLE GO CRAZY FOR GINA'S FOOD: CHEESY, CREAMY FETTUCCHINI ALFREDO WITH CHICKEN AND BROCCOLI WITH ONLY 420 CALORIES PER SERVING, BREAKFAST DISHES LIKE MAKE-AHEAD WESTERN OMELET "MUFFINS" THAT TRULY FILL YOU UP UNTIL LUNCHTIME, AND SWEETS SUCH AS DOUBLE CHOCOLATE CHIP WALNUT COOKIES THAT ARE LOW IN SUGAR AND BUTTER-FREE BUT STILL TOTALLY INDULGENT. THE SKINNYTASTE COOKBOOK FEATURES 150 AMAZING RECIPES, 125 ALL-NEW DISHES AND 26 MUST-HAVE FAVORITES. AS A BUSY MOTHER OF TWO, GINA STARTED SKINNYTASTE WHEN SHE WANTED TO LOSE A FEW POUNDS HERSELF. SHE TURNED TO WEIGHT WATCHERS FOR HELP AND LIKED THE PROGRAM BUT STRUGGLED TO FIND ENOUGH TEMPTING RECIPES TO HELP HER STAY ON TRACK. INSTEAD, SHE STARTED "SKINNY-FYING" HER FAVORITE MEALS SO THAT SHE COULD EAT HAPPILY WHILE LOSING WEIGHT. WITH 100 STUNNING PHOTOGRAPHS AND DETAILED NUTRITIONAL INFORMATION FOR EVERY RECIPE, THE SKINNYTASTE COOKBOOK IS AN INCREDIBLE RESOURCE OF FULFILLING, JOY-INDUCING MEALS THAT EVERY HOME COOK WILL LOVE.

30-MINUTE MEALS 2010-12-31