

Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family

By Brooke Griffin

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Serve up guilt-free, flavor-filled recipes every night of the week!

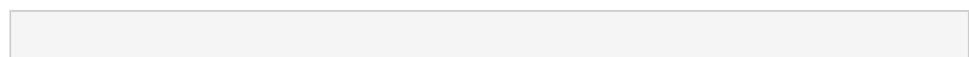
Millions of loyal readers look to Brooke Griffin's popular Skinny Mom website for her special brand of skinny recipes, simple meal-planning techniques, and time-saving grocery lists. In her debut cookbook, *Skinny Suppers*, Griffin is on a mission to help you make smart, healthier choices and cook stress-proof, hearty meals for your family to enjoy around the dinner table.

What's on the menu? 125 suppers and sides (including 25 fan favorites) like Philly Cheesesteak Stuffed Peppers, Supreme Pizza Pasta Casserole, Un-Sloppy Janes, and Loaded Nacho Soup. These are recipes you can feel good about—they're satisfying, lower in fat and calories, and, most important, delicious! Plus, most are under 350 calories per serving and take less than 30 minutes from prep to table.

Let's get cooking! *Skinny Suppers* makes it easy with:

- Easy-to-find ingredients
- A "month of suppers" meal-planning calendar
- Twice as Nice recipes you can cook once and eat twice
- Slow-cooker and one-pot meals to save time and money

You, the busy home cook with no time to spare, will find reliable recipes and tips, inspiration and ideas, encouragement and excitement throughout this cookbook. Filled with photos, easy step-by-step instructions, and nutritional information, *Skinny Suppers* is the first step to getting your family back around the table for supper!



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Editorial Review

Review

“Having this cookbook on hand will be like having your own personal cheerleader in the kitchen.” (**Booklist**)

“*Skinny Suppers* offers suppertime recipes packed with wholesome, healthy ingredients. Sumptuous full-page photos complement the recipes and make for a delicious presentation...categories such as beef, casseroles, poultry, pasta, pork, seafood and vegetarian dishes, it’s an easily navigated cookbook for those wishing to eat more healthily.” (**Kentucky Monthly**)

“If you hadn’t told me that this had come from a *Skinny Suppers* cookbook, I would never know that this had been reduced-fat, reduced-calorie—it’s fabulous.” (**Jill Bauer, QVC host**)

“*Skinny Suppers* is much more than a cookbook as it is one of those few books that help you to eat healthy and delicious meals but also to build family bonds. It is an essential cookbook for anyone interested in bringing their family together.” (**The Washington Book Review**)

From the Back Cover

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About the Author

Brooke Griffin is the founder of SkinnyMom.com, a healthy living brand and global community encouraging more than six million people to eat and live healthy each month. After rediscovering her faith amid a time of personal struggle, Brooke set out to share encouragement to keep women inspired and motivated. A former NFL Cheerleader and 2009 Fitness Universe Champion, Brooke has appeared in magazines including *Oxygen*, *Women's Fitness*, *Redbook*, and *GQ*, and on ESPN, Fox, ABC, NBC, CBS, among other television networks. She lives in Kentucky with her son.

Users Review

From reader reviews:

Kathleen Young:

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Rosa Crowe:

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Joel Wall:

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youngsters. For example Naruto or Investigation company Conan you can read and believe you are the character on there. So , not at all of book are make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book in your case and try to like reading which.

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