

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!

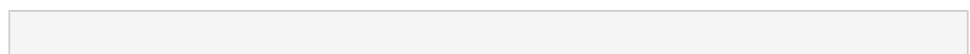
Millions of loyal readers look to Brooke Griffin's popular Skinny Mom website for her special brand of skinny recipes, simple meal-planning techniques, and time-saving grocery lists. In her debut cookbook, *Skinny Suppers*, Griffin is on a mission to help you make smart, healthier choices and cook stress-proof,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

Eden Davis:

Here thing why that Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family are different and trusted to be yours. First of all looking at a book is good but it really depends in the content from it which is the content is as yummy as food or not. Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family giving you information deeper as different ways, you can find any book out there but there is no book that similar with Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family. It gives you thrill studying journey, its open up your own personal eyes about the thing which happened in the world which is probably can be happened around you. You can bring everywhere like in area, café, or even in your way home by train. Should you be having difficulties in bringing the published book maybe the form of Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family in e-book can be your alternative.

Cara Fultz:

Are you kind of occupied person, only have 10 as well as 15 minute in your moment to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are receiving problem with the book compared to can satisfy your short period of time to read it because this all time you only find e-book that need more time to be examine. Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family can be your answer since it can be read by anyone who have those short free time problems.

Samantha Williams:

The book untitled Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family contain a lot of information on the idea. The writer explains the woman idea with easy approach. The language is very straightforward all the people, so do certainly not worry, you can easy to read that. The book was written by famous author. The author will bring you in the new age of literary works. You can read this book because you can read on your smart phone, or device, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open up their official web-site and order it. Have a nice learn.

Glory Ruiz:

That e-book can make you to feel relax. This specific book Skinny Suppers: 125 Lightened-Up, Healthier

Meals for Your Family was bright colored and of course has pictures on there. As we know that book Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family has many kinds or style. Start from kids until teenagers. For example Naruto or Private investigator Conan you can read and feel that you are the character on there. Therefore , not at all of book are make you bored, any it can make you feel happy, fun and loosen up. Try to choose the best book to suit your needs and try to like reading which.

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