




















# skinnytaste | Cookbook Index

\*WW = WW PersonalPoints™ Link

## Appetizers

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Baked Zucchini Sticks  	The Skinnytaste Cookbook	Skinny Bites	109	<a href="#">WW</a>
Bangin' Good Shrimp 	The Skinnytaste Cookbook	Skinny Bites	116	<a href="#">WW</a>
Breaded Popcorn Shrimp with Tartar Sauce (Air fryer)  	Skinnytaste One & Done	Air Fryer	202	<a href="#">WW</a>
Caliente Bean and Queso Dip 	The Skinnytaste Cookbook	Skinny Bites	101	<a href="#">WW</a>
Cheesy "Fried" Mozzarella Bites   	The Skinnytaste Cookbook	Skinny Bites	112	<a href="#">WW</a>
Garden Pico de Gallo   	The Skinnytaste Cookbook	Skinny Bites	120	<a href="#">WW</a>
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Lemony Herb Hummus 	The Skinnytaste Cookbook	Skinny Bites	111	<a href="#">WW</a>
Less-Guilt Zesty Mango Guacamole  	The Skinnytaste Cookbook	Skinny Bites	118	<a href="#">WW</a>
Loaded "Nacho" Potato Skins	The Skinnytaste Cookbook	Skinny Bites	105	<a href="#">WW</a>
Petite Baked Crab Cakes	The Skinnytaste Cookbook	Skinny Bites	115	<a href="#">WW</a>
Roasted Edamame with Sea Salt 	The Skinnytaste Cookbook	Skinny Bites	107	<a href="#">WW</a>

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Shrimp and Pork Spring Rolls with Carrot-Cabbage Slaw (Air Fryer) Q	Skinnytaste One & Done	Air Fryer	205	WW
Skinny Green Goddess Dip GF Q V	The Skinnytaste Cookbook	Skinny Bites	119	WW














## Appetizers & Snacks

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Bacon Wrapped Cheesy Jalapeno Poppers (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	36	WW
Baked Clam Dip (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	40	WW
Buffalo Wings with Blue Cheese Dip (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	32	WW
Cauliflower Rice Arancini (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	52	WW
Cheesy Crab-Stuffed Mushrooms (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	43	WW
Chicken-Vegetable Spring Rolls (Air Fryer) DF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	35	WW
Crab and Cream Cheese Wontons (Air Fryer) Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	39	WW
Crispy Za'atar Chickpeas (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	55	WW
Devils on Horseback (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	49	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Fried Pickle Chips with Cajun Buttermilk Ranch (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	59	WW
Garlic Knots (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	56	WW
Homemade Chips & Salsa (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	46	WW
Loaded Zucchini Skins (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	51	WW
Tomatillo Salsa Verde (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Appetizers & Snacks	48	WW













## Beef, Pork, & Lamb

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Pork Milanese with Tricolore Salad GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	100	WW
Beef and Broccoli DF GF	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	106	WW
Juicy Brined Pork Chops DF GF	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	104	WW
Lamb Loin Chops with Pistachio-Mint Gremolata DF GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	108	WW
Chicken-Fried Steak with Sage Gravy	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	86	WW
Spice-Rubbed Lamb Chops with Cucumbers and Yogurt GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	88	WW
Beef Tataki with Ginger-Lemon Dressing DF GF Q	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	91	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Prosciutto-Wrapped Pork Tenderloin with Fig-Mustard Sauce 	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	92	<a href="#">WW</a>
Steak, Potato, and Poblano Burritos 	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	95	<a href="#">WW</a>
Cheeseburger-Loaded Fries 	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	96	<a href="#">WW</a>
Gouda-Stufreezer-mealsed Beef and Mushroom Burgers 	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	103	<a href="#">WW</a>
Rosemary Flank Steak with Panko Onion Rings	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	99	<a href="#">WW</a>
Steak Fajitas 	Skinnytaste Air Fryer Dinners	Beef, Pork, & Lamb	111	<a href="#">WW</a>
Apple-Stuffed Pork Chops (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	97	<a href="#">WW</a>
Breaded Pork Cutlets with Avocado, Tomatoes, & Lime (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	94	<a href="#">WW</a>
Carne Asada Salad (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	90	<a href="#">WW</a>
Five-Spiced Glazed Lamb Chops (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	98	<a href="#">WW</a>
Korean Pork Lettuce Wraps (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	92	<a href="#">WW</a>
Low-Carb Cheeseburger Sliders with Special Sauce (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	86	<a href="#">WW</a>
Meat Lovers' Pizza-Stuffed Peppers (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	93	<a href="#">WW</a>
Roast Beef with Horseradish-Chive Cream (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	89	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Soy-Sesame Marinated Flank Steak (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Beef, Pork, & Lamb	91	<a href="#">WW</a>

## Big Batches & Planned-Overs

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Basil Pomodoro Sauce 	Skinnytaste Meal Prep	Sauces	294	<a href="#">WW</a>
Bean and Turkey Tostadas 	Skinnytaste Meal Prep	Chicken & Other Poultry	279	<a href="#">WW</a>
Chicken and Broccoli Rabe Wraps 	Skinnytaste Meal Prep	Chicken & Other Poultry	252	<a href="#">WW</a>
Chicken Chive Wontons 	Skinnytaste Meal Prep	Chicken & Other Poultry	284	<a href="#">WW</a>
Chicken Souvlaki Pitas 	Skinnytaste Meal Prep	Chicken & Other Poultry	256	<a href="#">WW</a>
Five-Spice Glazed Pork Tenderloin 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	280	<a href="#">WW</a>
Greek Gyro Salad 	Skinnytaste Meal Prep	Salad	293	<a href="#">WW</a>
Gyro Loaf 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	290	<a href="#">WW</a>
Herb Turkey Breast with Gravy 	Skinnytaste Meal Prep	Chicken & Other Poultry	259	<a href="#">WW</a>
Instant Pot Colombian Beans (Instant Pot) 	Skinnytaste Meal Prep	Sides	276	<a href="#">WW</a>
Paprika Whole Roasted Chicken 	Skinnytaste Meal Prep	Chicken & Other Poultry	248	<a href="#">WW</a>
Personal Turkey Pot Pies 	Skinnytaste Meal Prep	Chicken & Other Poultry	260	<a href="#">WW</a>

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

## Bonus Recipes

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Balsamic Green Bean Salad DF	Skinnytaste Meal Prep	Salad	307	<a href="#">WW</a>
Italian Cobb Salad DF GF Q	Skinnytaste Meal Prep	Salad	308	<a href="#">WW</a>
Veggie Sushi Bowls DF GF Q V	Skinnytaste Meal Prep	Meatless Main	312	<a href="#">WW</a>
White Bean Patties with Lemon Basil Aioli FM GF V	Skinnytaste Meal Prep	Meatless Main	311	<a href="#">WW</a>

## Breakfast

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Almond Flour Banana Crumb Muffins DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	60	<a href="#">WW</a>
Avena (Oatmeal Smoothie) DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	36	<a href="#">WW</a>
Baked Oatmeal Cups: Apple Cinnamon DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	<a href="#">WW</a>
Baked Oatmeal Cups: Blueberry Banana DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	<a href="#">WW</a>
Baked Oatmeal Cups: Mixed Berry DF FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	<a href="#">WW</a>
Baked Oatmeal Cups: Peaches & Cream FM GF V	Skinnytaste Meal Prep	Breakfast & Brunch	41	<a href="#">WW</a>
Breakfast Fried Rice DF GF Q	Skinnytaste Meal Prep	Breakfast & Brunch	39	<a href="#">WW</a>
Breakfast On-the-Run Bowls (Air Fryer) AF DF GF Q V	Skinnytaste Meal Prep	Breakfast & Brunch	32	<a href="#">WW</a>

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

## Breakfast & Brunch

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Apple 'n' Spice Baked Oatmeal GF Q	The Skinnytaste Cookbook	Sunny Mornings	30	WW
Banana-Almond Smoothie Bowl DF GF Q V	Skinnytaste Fast & Slow	Healthy Mornings	30	WW
Blueberry-Lemon Yogurt Muffins (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Breakfast	29	WW









































RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Breakfast Banana Split DF GF Q V	Skinnytaste Fast & Slow	Healthy Mornings	34	WW
Breakfast Turkey Sausage (Air Fryer) GF	Skinnytaste Air Fryer Cookbook	Breakfast	25	WW
Brussels Sprout Hash with Bacon and Eggs DF Q V	Skinnytaste Fast & Slow	Healthy Mornings	26	WW
Cali Avocado Egg Sandwich GF Q	The Skinnytaste Cookbook	Sunny Mornings	37	WW
Chunky Loaded Guac Toast DF Q V	Skinnytaste Fast & Slow	Healthy Mornings	24	WW
Cinnamon Rolls with Cream Cheese Icing (Air Fryer) V	Skinnytaste Air Fryer Cookbook	Breakfast	23	WW
Coco-Loco Mango Green Smoothie GF Q V	The Skinnytaste Cookbook	Sunny Mornings	24	WW
Corny Banana-Blueberry Pancakes Q V	The Skinnytaste Cookbook	Sunny Mornings	48	WW
Cucumber, Tomato, and Lox DF Q V	Skinnytaste Fast & Slow	Healthy Mornings	25	WW
Dad's Jammin' Crêpes Q V	The Skinnytaste Cookbook	Sunny Mornings	51	WW
Everything (but the) Bagel Breakfast Pockets (Air Fryer)	Skinnytaste Air Fryer Cookbook	Breakfast	16	WW
Good-For-You Granola GF Q V	The Skinnytaste Cookbook	Sunny Mornings	26	WW
Greek-a-Licious Egg White Omelet	The Skinnytaste Cookbook	Sunny Mornings	33	WW
Guiltless Chocolate Chip Pancakes V	The Skinnytaste Cookbook	Sunny Mornings	47	WW
Heavenly Banana-Nut Oat Muffins V	The Skinnytaste Cookbook	Sunny Mornings	45	WW
Home Fries with Onions and Peppers (Air Fryer) GF V	Skinnytaste Air Fryer Cookbook	Breakfast	19	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Homemade Bagels (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Breakfast	20	WW
Karina's Special DF Q V	Skinnytaste Fast & Slow	Healthy Mornings	24	WW
Make-Ahead Western Omelet "Muffins" GF Q V	The Skinnytaste Cookbook	Sunny Mornings	29	WW
Mexican Huevos Shakshukos DF GF Q	Skinnytaste Fast & Slow	Healthy Mornings	29	WW
Naked Eggs Benedict GF V	The Skinnytaste Cookbook	Sunny Mornings	32	WW
Open-Face Bagels with Scallion-Lox Cream Cheese Q V	The Skinnytaste Cookbook	Sunny Mornings	39	WW
Paradise Parfait GF V	The Skinnytaste Cookbook	Sunny Mornings	27	WW
PB&J Oatmeal Bake with Bananas and Blueberries (Air Fryer) GF V	Skinnytaste Air Fryer Cookbook	Breakfast	18	WW
PB&J Overnight Oats in a Jar DF GF Q V	The Skinnytaste Cookbook	Sunny Mornings	23	WW
Petite Spiced Pumpkin Bread (Air Fryer) GF V	Skinnytaste Air Fryer Cookbook	Breakfast	26	WW
Pumpkin-Obsessed Vanilla-Glazed Scones GF Q V	The Skinnytaste Cookbook	Sunny Mornings	42	WW
Put an Egg on It! Q V	Skinnytaste Fast & Slow	Healthy Mornings	23	WW
"Que Rico" Breakfast Tostada Q	The Skinnytaste Cookbook	Sunny Mornings	41	WW
Savory Quinoa Breakfast Bowls DF GF Q V	Skinnytaste Fast & Slow	Healthy Mornings	33	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow Cooker "Baked" Oatmeal with Coconut, Blueberries, and Bananas (Slow cooker) Q V	Skinnytaste Fast & Slow	Healthy Mornings	35	WW
Slow Cooker Chocolate Swirl Banana Bread (Slow cooker) DF GF V	Skinnytaste Fast & Slow	Healthy Mornings	36	WW
South of the Border Huevos Revueltos DF Q	Skinnytaste Fast & Slow	Healthy Mornings	25	WW
Veggie Leek & Cheese Frittata (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Breakfast	15	WW
Whole Wheat Crêpes with Strawberry Sauce GF Q V	Skinnytaste Fast & Slow	Healthy Mornings	20	WW
Winter Potato, Kale, and Sausage Frittata GF Q V	The Skinnytaste Cookbook	Sunny Mornings	35	WW

## Chicken & Other Poultry

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Adobo-Rubbed Chicken with Avocado Salsa (Air Fryer) DF GF	Skinnytaste Air Fryer Cookbook	Poultry	68	WW
Arroz con Pollo (Pressure cooker) GF Q	Skinnytaste One & Done	Pressure Cooker	124	WW
Asiago-Crusted Chicken Breasts GF V	Skinnytaste Fast & Slow	Poultry Mains	148	WW
Asian Chicken Lettuce Wraps (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	256	WW
Asian Peanut Noodles with Chicken	The Skinnytaste Cookbook	Perfect Poultry	178	WW
Asian Turkey Meatballs with Hoisin Sauce (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Poultry	73	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Buffalo Chicken Nuggets (Air fryer) 	Skinnytaste One & Done	Air Fryer	184	
Buffalo Drumsticks with Creamy Cabbage and Kale Slaw (Air fryer)   	Skinnytaste One & Done	Air Fryer	171	
Buttermilk Oven "Fried" Chicken   	The Skinnytaste Cookbook	Perfect Poultry	151	
Cajun Chicken Pasta on the Lighter Side  	The Skinnytaste Cookbook	Perfect Poultry	186	
Cheesy Green Chili-Chicken Chimichangas (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Poultry	81	
Cheesy Jalapeño Popper Stuffed Chicken (Air fryer)  	Skinnytaste One & Done	Air Fryer	186	
Cheesy Turkey, Leek, and Potato Gratin (Skillet) 	Skinnytaste One & Done	Skillet	38	
Chicken and Couscous Bowls with Piri Piri  	Skinnytaste Fast & Slow	One-Bowl Meals	78	
Chicken-Avocado Burgers with Jalapeño Slaw (Grill pan) 	Skinnytaste One & Done	Grill Pan	278	
Chicken Cordon Bleu (Air Fryer)  	Skinnytaste Air Fryer Cookbook	Poultry	82	
Chicken Cordon Bleu Meatballs 	The Skinnytaste Cookbook	Perfect Poultry	163	
Chicken Cordon Bleu with Asparagus (Skillet)  	Skinnytaste One & Done	Skillet	25	
Chicken Fajitas (Sheet pan)  	Skinnytaste One & Done	Sheet Pan & Baking Dish	80	
Chicken Katsu with Sesame-Pineapple Slaw (Air fryer) 	Skinnytaste One & Done	Air Fryer	172	

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chicken Marsala on the Lighter Side	The Skinnytaste Cookbook	Perfect Poultry	167	<a href="#">WW</a>
Chicken Parmesan Caprese (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Poultry	62	<a href="#">WW</a>
Chicken Pasta Caprese GF Q	The Skinnytaste Cookbook	Perfect Poultry	184	<a href="#">WW</a>
Chicken, Pesto, and Cheese Stromboli (Air fryer) DF GF	Skinnytaste One & Done	Air Fryer	180	<a href="#">WW</a>
Chicken Piccata (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Poultry	74	<a href="#">WW</a>
Chicken Rollatini Stuffed with Zucchini and Mozzarella	The Skinnytaste Cookbook	Perfect Poultry	152	<a href="#">WW</a>
Chicken Saltimbocca with Spinach (Skillet) GF Q	Skinnytaste One & Done	Skillet	33	<a href="#">WW</a>
Chicken Scaloppine with Broccoli and Melted Mozzarella DF GF Q	Skinnytaste Fast & Slow	Poultry Mains	152	<a href="#">WW</a>
Chipotle Chicken Tostadas (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	252	<a href="#">WW</a>
Classic Chicken Nuggets (Air fryer) Q	Skinnytaste One & Done	Air Fryer	183	<a href="#">WW</a>
Coconut Chicken and Butternut Curry in a Hurry (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	135	<a href="#">WW</a>
Complete BBQ Chicken Dinner (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	248	<a href="#">WW</a>
Coq au Vin (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	128	<a href="#">WW</a>
Cornflake-Crusted "Fried" Chicken with Romaine Slaw (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Poultry	77	<a href="#">WW</a>
Crispy Chicken Schnitzel Dinner (Sheet pan)	Skinnytaste One & Done	Sheet Pan & Baking Dish	75	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Dijon-Maple Chicken with Brussels and Butternut (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	79	WW
Everything (but the) Bagel Chicken Roll-Ups (Air fryer) GF	Skinnytaste One & Done	Air Fryer	176	WW
Fall-off-the-Bone Whole Rosemary Chicken (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	251	WW
Fettuccine Alfredo with Chicken and Broccoli GF Q	The Skinnytaste Cookbook	Perfect Poultry	161	WW
Fiesta Chicken and Carrot "Rice" (Skillet) GF V	Skinnytaste One & Done	Skillet	22	WW
Fiesta Turkey Meatloaves (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Poultry	83	WW
Giant Turkey Meatball Parmesan (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	94	WW
Ginger-Lime Chicken with Broccoli and Carrots (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	90	WW
Glazed Korean BBQ Chicken Wings (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	179	WW
Greek Chicken Sheet Pan Dinner Q	Skinnytaste Fast & Slow	Poultry Mains	158	WW
Herbed Cornish Hen for Two (without skin) (Air Fryer) GF	Skinnytaste Air Fryer Cookbook	Poultry	65	WW
Honey Balsamic Grilled Chicken and Vegetables (Grill pan) GF Q	Skinnytaste One & Done	Grill Pan	281	WW
Honey-Mustard Chicken Bake (Baking dish) GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	86	WW
Italian Sausage and Pepper Calzones (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	189	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Italian Sausage with Peppers and Onions Q	The Skinnytaste Cookbook	Perfect Poultry	159	WW
Kale Caesar and Grilled Chicken Bowls DF GF	Skinnytaste Fast & Slow	One-Bowl Meals	77	WW
Kielbasa and Cabbage (Dutch oven) GF Q	Skinnytaste One & Done	Dutch Oven	227	WW
Korean-Inspired Chicken Lettuce Wraps Q	Skinnytaste Fast & Slow	Poultry Mains	151	WW
Lemon Chicken and Brown Rice Pilaf (Skillet) GF Q	Skinnytaste One & Done	Skillet	26	WW
Loaded Buffalo Chicken Stuffed Sweet Potatoes (Slow cooker) GF Q V	Skinnytaste One & Done	Slow Cooker	247	WW
Mom's Skillet Chicken Pot Pie (Skillet) Q	Skinnytaste One & Done	Skillet	37	WW
Naked Persian Turkey Burgers GF	The Skinnytaste Cookbook	Perfect Poultry	156	WW
Naked Season Chicken Tenders (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Poultry	69	WW
Orecchiette with Sausage, Baby Kale, and Bell Pepper GF Q	The Skinnytaste Cookbook	Perfect Poultry	181	WW
Parmesan-Crusted Turkey Cutlets with Arugula Salad (Air Fryer) GF Q	Skinnytaste Air Fryer Cookbook	Poultry	64	WW
Petite Meatloaf Dinner (Sheet pan) GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	97	WW
Pickle-Brined Chicken Tenders (Air Fryer) DF GF	Skinnytaste Air Fryer Cookbook	Poultry	70	WW
Pizza-Stuffed Chicken Roll-Ups Q	Skinnytaste Fast & Slow	Poultry Mains	157	WW

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Pressure Cooker Three-Cup Chicken (Pressure cooker) GF Q	Skinnytaste Fast & Slow	Poultry Mains	160	WW
Roasted Poblanos Rellenos with Chicken	The Skinnytaste Cookbook	Perfect Poultry	173	WW
Santa Fe Turkey Egg Rolls with Avocado Ranch Sauce GF Q	Skinnytaste Fast & Slow	Poultry Mains	154	WW
Shawarma-Spiced Grilled Chicken Thighs with Tahini (Grill pan) DF GF V	Skinnytaste One & Done	Grill Pan	277	WW
Shepherd's Pie with Cauliflower Crust (Skillet) GF	Skinnytaste One & Done	Skillet	41	WW
Skinny Chicken Parmesan GF	The Skinnytaste Cookbook	Perfect Poultry	177	WW
Slow Cooker Adobo Chicken with Sriracha, Ginger, and Scallions (Slow cooker) GF	Skinnytaste Fast & Slow	Poultry Mains	163	WW
Slow Cooker BBQ Pulled Chicken (Slow cooker) DF GF	Skinnytaste Fast & Slow	Poultry Mains	168	WW
Slow Cooker Buffalo Chicken Lettuce Wraps (Slow cooker) GF	Skinnytaste Fast & Slow	Poultry Mains	172	WW
Slow Cooker Chicken Burrito Bowls (Slow cooker) DF GF Q V	Skinnytaste Fast & Slow	One-Bowl Meals	93	WW
Slow Cooker Chicken Tikka Masala (Slow cooker) DF GF Q	Skinnytaste Fast & Slow	Poultry Mains	161	WW
Slow Cooker Czech Chicken Paprikash (Slow cooker) DF GF	Skinnytaste Fast & Slow	Poultry Mains	171	WW
Slow Cooker Indian Chicken and Peas (Slow cooker) DF GF	Skinnytaste Fast & Slow	Poultry Mains	164	WW
Slow-Cooker Jerk Chicken Tacos with Caribbean Salsa (Slow cooker)	The Skinnytaste Cookbook	Perfect Poultry	155	WW



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow Cooker Maple-Dijon Chicken Drumsticks (Slow cooker) GF	Skinnytaste Fast & Slow	Poultry Mains	167	WW
Slow Cooker Stuffed Turkey Tenderloins with Gravy (Slow cooker) GF	Skinnytaste Fast & Slow	Poultry Mains	174	WW
Slow Cooker Turkey Meatloaf (Slow cooker) DF GF	Skinnytaste Fast & Slow	Poultry Mains	177	WW
So-Addicted Chicken Enchiladas GF Q	The Skinnytaste Cookbook	Perfect Poultry	171	WW
Spaghetti "Squashta" with Turkey Bolognese Q	The Skinnytaste Cookbook	Perfect Poultry	169	WW
Spiced Yogurt-Marinaded Chicken Thighs with Blistered Vegetables (Air Fryer) GF	Skinnytaste Air Fryer Cookbook	Poultry	78	WW
Spicy Peanut Chicken and Vegetables (Sheet pan) DF GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	76	WW
Spicy Stir-Fried Chicken and Shredded Brussels Bowls (Skillet) GF	Skinnytaste One & Done	Skillet	29	WW
Spinach, Bacon, and Cheddar Hasselback Chicken (Sheet pan) DF GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	93	WW
Tandoori Chicken with Vegetables (Sheet pan) GF Q V	Skinnytaste One & Done	Sheet Pan & Baking Dish	85	WW
Teriyaki Chicken Bowls DF Q	Skinnytaste Fast & Slow	One-Bowl Meals	81	WW
Turkey Breast with Sweet Potatoes, Green Beans, and Gravy (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	139	WW
Turkey Kofta Kebab Lettuce Wraps (Grill pan) GF	Skinnytaste One & Done	Grill Pan	282	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Weeknight Chicken Souvlaki (Skillet) GF Q	Skinnytaste One & Done	Skillet	34	WW



## Dessert

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Almost Sinful Maple-Raisin Bread Pudding GF Q V	The Skinnytaste Cookbook	Skinny Sweet Tooth	301	WW
Baked Bananas Foster à la Mode V	The Skinnytaste Cookbook	Skinny Sweet Tooth	299	WW
Baked Streusel Apples (Air Fryer) GF V	Skinnytaste Air Fryer Cookbook	Desserts	150	WW
Banana Apricot-Turnovers (Air Fryer) Q V	Skinnytaste Air Fryer Cookbook	Desserts	153	WW
Banana Pudding Cups	Skinnytaste Fast & Slow	The Sweeter Side	279	WW
Coconut Panna Cotta with Fresh Raspberries V	The Skinnytaste Cookbook	Skinny Sweet Tooth	296	WW
Crustless Slow Cooker Apple Pie à la Mode (Slow cooker) DF GF V	Skinnytaste Fast & Slow	The Sweeter Side	292	WW
Delightful Poached Pears with Yogurt GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	303	WW
Double Chocolate Chunk Walnut Cookies GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	292	WW
Easy No-Cook Mango Fool GF Q V	Skinnytaste Fast & Slow	The Sweeter Side	283	WW
Frozen Dark Chocolate-Almond Bananas GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	309	WW
Grilled Piña Colada Delight GF Q V	Skinnytaste Fast & Slow	The Sweeter Side	284	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Macerated Berries with Whipped Cream Q V	Skinnytaste Fast & Slow	The Sweeter Side	280	WW
Matcha Milkshake GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	313	WW
Mini Churros (Air Fryer) V	Skinnytaste Air Fryer Cookbook	Desserts	149	WW
Mini Pavlovas with Fresh Fruit V	The Skinnytaste Cookbook	Skinny Sweet Tooth	307	WW
Piña Colada Chia Pudding V	The Skinnytaste Cookbook	Skinny Sweet Tooth	302	WW
Roasted Peaches with Ice Cream (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Desserts	154	WW
Silky Chocolate Cream Pie Q V	The Skinnytaste Cookbook	Skinny Sweet Tooth	295	WW
Slow Cooker Blueberry Slump (Slow cooker) GF V	Skinnytaste Fast & Slow	The Sweeter Side	295	WW
Slow Cooker Peach-Strawberry Crumble (Slow cooker) GF Q V	Skinnytaste Fast & Slow	The Sweeter Side	288	WW
Slow Cooker Pumpkin Flan (Slow cooker) GF V	Skinnytaste Fast & Slow	The Sweeter Side	298	WW
Slow Cooker Triple-Almond Flourless Brownies (Slow cooker) V	Skinnytaste Fast & Slow	The Sweeter Side	296	WW
Slow Cooker Vanilla Bean Pear Butter (Slow cooker) GF V	Skinnytaste Fast & Slow	The Sweeter Side	291	WW
Summer Berry Cobbler GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	304	WW
Sweet Plum Custard GF V	The Skinnytaste Cookbook	Skinny Sweet Tooth	312	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Vanilla Bean Cheesecake Shooters 	Skinnytaste Fast & Slow	The Sweeter Side	287	<a href="#">WW</a>
Very Berry Mini Pie (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Desserts	146	<a href="#">WW</a>
Warm Apple-Pear Crumble 	The Skinnytaste Cookbook	Skinny Sweet Tooth	298	<a href="#">WW</a>
Watermelon Lime Granita 	The Skinnytaste Cookbook	Skinny Sweet Tooth	310	<a href="#">WW</a>

## Fish

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Fish and Chips 	Skinnytaste Fast & Slow	Fish and Seafood Mains	212	<a href="#">WW</a>
Broiled Whole Porgies 	Skinnytaste Fast & Slow	Fish and Seafood Mains	219	<a href="#">WW</a>
Cilantro-Lime Shrimp 	The Skinnytaste Cookbook	Fabulous Fish	225	<a href="#">WW</a>
Crab-Stuffed Shrimp (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	113	<a href="#">WW</a>
Crispy Beach Fish Tacos (Air fryer) 	Skinnytaste One & Done	Air Fryer	197	<a href="#">WW</a>
Crispy Codfish Cakes with Horseradish Cream (Air fryer) 	Skinnytaste One & Done	Air Fryer	208	<a href="#">WW</a>
Crispy Salmon Fish Sticks with Lime-Dill Dipping Sauce (Air fryer) 	Skinnytaste One & Done	Air Fryer	201	<a href="#">WW</a>
Easy Broccoli Flounder Bake 	The Skinnytaste Cookbook	Fabulous Fish	216	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Garlic-Turmeric Salmon with Rainbow Carrots, Cauliflower, and Lemon (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	105	WW
Garlicky Lemon Shrimp and Broccolini Stir-Fry Q	The Skinnytaste Cookbook	Fabulous Fish	228	WW
Garlicky Shrimp with Smashed Chickpea "Mofongo" (Skillet) GF Q V	Skinnytaste One & Done	Skillet	50	WW
Grilled Swordfish with Summer Succotash and Basil Oil (Grill pan) GF	Skinnytaste One & Done	Grill Pan	288	WW
Kiss My (Shrimp and) Grits GF Q	The Skinnytaste Cookbook	Fabulous Fish	219	WW
Lemon Parmesan Shrimp with Broccoli and Cauliflower (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	114	WW
Lemon-Roasted Fish and Cauli-Rice (Sheet pan) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	106	WW
Mahi Mahi Fish Tacos with Spicy Avocado Cream GF Q	The Skinnytaste Cookbook	Fabulous Fish	222	WW
Mediterranean Shrimp and Pearl Couscous (Skillet) GF Q V	Skinnytaste One & Done	Skillet	67	WW
Miso Black Cod with Shiitakes and Bok Choy (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	109	WW
Mussels in Garlicky White Wine Sauce (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	235	WW
Pesce Primavera (Baking dish) DF GF	Skinnytaste One & Done	Sheet Pan & Baking Dish	110	WW
Roasted Asian Striped Bass GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	216	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Salmon Salad with Green Beans and Egg (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	159	WW
Seafood and Chicken Paella (Skillet) DF GF Q	Skinnytaste One & Done	Skillet	51	WW
Seafood Fried Brown Rice (Skillet) DF GF	Skinnytaste One & Done	Skillet	55	WW
Shrimp and Artichoke Quinoa Bowls DF GF Q	Skinnytaste Fast & Slow	One-Bowl Meals	89	WW
Shrimp Quesadillas with Stuffed Avocados (Skillet) GF Q	Skinnytaste One & Done	Skillet	46	WW
Skillet Lemon Sole with Tomatoes and Capers GF Q	The Skinnytaste Cookbook	Fabulous Fish	221	WW
Skinny Shrimp, Chicken, and Sausage Gumbo Q	The Skinnytaste Cookbook	Fabulous Fish	234	WW
Slow Cooker Poached Salmon with Meyer Lemon, Capers, and Parsley (Slow cooker) DF GF	Skinnytaste Fast & Slow	Fish and Seafood Mains	222	WW
Slow Cooker Shrimp à la Criolla (Slow cooker) DF GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	220	WW
Spanish Seafood Stew GF Q	The Skinnytaste Cookbook	Fabulous Fish	232	WW
Spicy Seared Tuna Sushi Bowls DF GF Q	Skinnytaste Fast & Slow	One-Bowl Meals	86	WW
Spicy Shrimp Tempura Roll Bowls (Air fryer) DF	Skinnytaste One & Done	Air Fryer	206	WW
Striped Bass with Garlic Crumb Topping GF Q	The Skinnytaste Cookbook	Fabulous Fish	227	WW
Sweet 'n' Spicy Salmon with Stir-Fried Veggies DF GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	211	WW
Sweet 'n' Spicy Sriracha-Glazed Salmon	The Skinnytaste Cookbook	Fabulous Fish	215	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Thai Coconut Mussels GF Q	The Skinnytaste Cookbook	Fabulous Fish	231	WW
Veggie-Stuffed Flounder Sheet Pan Dinner GF Q	Skinnytaste Fast & Slow	Fish and Seafood Mains	215	WW
Wild Salmon with Avocado-Basil Salad (Air fryer) DF GF Q	Skinnytaste One & Done	Air Fryer	198	WW
Zesty Lime Shrimp and Avocado Salad DF	Skinnytaste Fast & Slow	Fish and Seafood Mains	208	WW

## Fish, Lean Meats

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Grilled Surf and Turf with Asparagus and Herb Butter (Grill pan) DF GF	Skinnytaste One & Done	Grill Pan	286	WW

## Freezer Favorites: Meat & Seafood

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Autumn Stuffed Acorn Squash DF FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	221	WW
Chicken and Chickpea Stew (Slow Cooker, Instant Pot) DF FM GF PC SC	Skinnytaste Meal Prep	Soups & Chilis	209	WW
Chicken Orzo Soup with Dill (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Soups & Chilis	210	WW
DIY Chicken Taco Kits GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	217	WW
Freezer Chicken Black Bean Burritos (Slow Cooker) FM SC	Skinnytaste Meal Prep	Chicken & Other Poultry	198	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Freezer-to-Instant Pot Chicken and Dumpling Soup (Instant Pot) DF FM PC	Skinnytaste Meal Prep	Soups & Chilis	195	WW
Freezer-to-Instant Pot Cream of Chicken and Wild Rice Soup (Instant Pot) FM GF PC	Skinnytaste Meal Prep	Soups & Chilis	201	WW
Freezer to Instant Pot Thai Chicken with Butternut Squash (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Chicken & Other Poultry	202	WW
Frozen Fish Sticks with Dill Tartar Sauce (Air Fryer) AF FM GF	Skinnytaste Meal Prep	Fish	242	WW
Greek Lemon Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	WW
Honey-Soy Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	WW
Indian-Inspired Shepherd's Pie FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	230	WW
Instant Pot Cajun Red Beans and Rice (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Meatless Main	205	WW
Instant Pot Chicken and Shrimp Gumbo (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Chicken & Other Poultry	206	WW
Italian Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	WW
Italian Stuffed Jalapeno Peppers FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	218	WW
Lentil Soup with Bacon DF FM GF	Skinnytaste Meal Prep	Soups & Chilis	241	WW
Low Country Boil Foil Packets DF FM GF Q	Skinnytaste Meal Prep	Seafood	234	WW
Maple-Dijon Soy Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	WW



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Moussaka Makeover FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	233	WW
Pollo Guisado (Instant Pot) DF FM GF PC	Skinnytaste Meal Prep	Chicken & Other Poultry	214	WW
Shawarma Marinade DF FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	192	WW
Sicilian Rice Ball (Arancini) Casserole FM GF	Skinnytaste Meal Prep	Chicken & Other Poultry	226	WW
Slow Cooker BBQ Brisket (Slow Cooker) DF FM GF SC	Skinnytaste Meal Prep	Beef, Pork, & Lamb	237	WW
Slow Cooker White Bean Chicken Chili (Slow Cooker) DF FM GF PC SC	Skinnytaste Meal Prep	Soups & Chilis	213	WW
Sofrito Stuffed Cabbage Rolls DF FM GF	Skinnytaste Meal Prep	Beef, Pork, & Lamb	222	WW
Southwest Salmon Burgers AF DF FM	Skinnytaste Meal Prep	Fish	245	WW
Turkey Cheeseburger Egg Rolls (Air Fryer) AF FM	Skinnytaste Meal Prep	Chicken & Other Poultry	229	WW
Turkey Taquitos FM GF Q	Skinnytaste Meal Prep	Chicken & Other Poultry	225	WW
Winter Brisket and Barley Soup (Instant Pot) DF FM PC	Skinnytaste Meal Prep	Soups & Chilis	238	WW

## Freezer Favorites: Vegetarian

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Spinach Stuffed Shells FM V	Skinnytaste Meal Prep	Meatless Main	170	WW
Best Enchilada Sauce	Skinnytaste Meal Prep	Sauces	185	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Black Bean and Butternut Enchilada Bake FM GF V	Skinnytaste Meal Prep	Meatless Main	185	<a href="#">WW</a>
Broccoli Grilled Cheese FM GF V	Skinnytaste Meal Prep	Meatless Main	165	<a href="#">WW</a>
Carrot Tomato Ginger Soup DF FM GF V	Skinnytaste Meal Prep	Soups & Chilis	169	<a href="#">WW</a>
Chickpea Spinach Tomato Curry DF FM GF Q V	Skinnytaste Meal Prep	Meatless Main	173	<a href="#">WW</a>
Eggplant Parmesan FM GF V	Skinnytaste Meal Prep	Meatless Main	174	<a href="#">WW</a>
Falafel Chickpea Burgers FM GF V	Skinnytaste Meal Prep	Meatless Main	189	<a href="#">WW</a>
Ribollita Soup DF FM Q V	Skinnytaste Meal Prep	Soups & Chilis	160	<a href="#">WW</a>
Roasted Vegetable Lasagna FM V	Skinnytaste Meal Prep	Meatless Main	181	<a href="#">WW</a>
Slow Cooker Coconut Red Curry Butternut Soup (Slow Cooker) DF FM GF SC V	Skinnytaste Meal Prep	Soups & Chilis	166	<a href="#">WW</a>
Tomato Basil Soup FM GF V	Skinnytaste Meal Prep	Soups & Chilis	163	<a href="#">WW</a>
Torta Pasqualina (Spinach Pie) FM GF V	Skinnytaste Meal Prep	Meatless Main	178	<a href="#">WW</a>
Zucchini Pupusas FM GF V	Skinnytaste Meal Prep	Meatless Main	182	<a href="#">WW</a>
Zucchini Rollatini FM GF V	Skinnytaste Meal Prep	Meatless Main	177	<a href="#">WW</a>



























## Hearty Salads








































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

## Lean Meats

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
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Beef Bibimbap Bowls with Riced Carrots (Skillet)  	Skinnytaste One & Done	Skillet	60	<a href="#">WW</a>
Brazilian Black Beans with Collard Greens   	Skinnytaste Fast & Slow	Meat Lover Mains	185	<a href="#">WW</a>
Carne Asada Fries (Sheet pan)  	Skinnytaste One & Done	Sheet Pan & Baking Dish	102	<a href="#">WW</a>
Cheesy Pork Chops with Mushrooms and Wilted Spinach (Skillet)  	Skinnytaste One & Done	Skillet	45	<a href="#">WW</a>
Colombian Carne Asada with Ají Picante 	The Skinnytaste Cookbook	Lean Meat Dishes	194	<a href="#">WW</a>
Crispy Breaded Pork Chops (Air fryer) 	Skinnytaste One & Done	Air Fryer	190	<a href="#">WW</a>
Cubano-Style Stuffed Pork Tenderloin  	The Skinnytaste Cookbook	Lean Meat Dishes	205	<a href="#">WW</a>
Dad's Czech Meat Patties with Potatoes and Cucumber Salad (Sheet pan)  	Skinnytaste One & Done	Sheet Pan & Baking Dish	101	<a href="#">WW</a>
Egg Roll Bowls   	Skinnytaste Fast & Slow	One-Bowl Meals	85	<a href="#">WW</a>
Fork-and-Knife Cheeseburgers	Skinnytaste Fast & Slow	Meat Lover Mains	181	<a href="#">WW</a>
Garlic-Dijon Roasted Pork Tenderloin with Potatoes and Green Beans (Baking dish)   	Skinnytaste One & Done	Sheet Pan & Baking Dish	98	<a href="#">WW</a>
Grilled Lamb Chops with Mint Chimichurri (Grill pan) 	Skinnytaste One & Done	Grill Pan	285	<a href="#">WW</a>
Grilled Lamb Chops with Mint Yogurt Sauce	The Skinnytaste Cookbook	Lean Meat Dishes	202	<a href="#">WW</a>
Grilled Lamb Skewers with Harissa Dipping Sauce 	The Skinnytaste Cookbook	Lean Meat Dishes	206	<a href="#">WW</a>
Grilled Veal Chop Milanese with Arugula Salad   	Skinnytaste Fast & Slow	Meat Lover Mains	187	<a href="#">WW</a>

Italian Stuffed Cubanelle Peppers (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	255	
London Broil with Tomatoes, Red Onion, and Balsamic (Air fryer) 	Skinnytaste One & Done	Air Fryer	194	
Mongolian Beef and Broccoli  	The Skinnytaste Cookbook	Lean Meat Dishes	190	
Noodle-Less Zucchini Lasagna  	The Skinnytaste Cookbook	Lean Meat Dishes	209	
Open-Faced French Onion Burgers (Skillet)   	Skinnytaste One & Done	Skillet	71	
Perfect Medium-Rare Roast Beef in the Slow Cooker (Slow cooker)  	Skinnytaste Fast & Slow	Meat Lover Mains	196	
Philly Cheesesteak Egg Rolls (Air fryer)  	Skinnytaste One & Done	Air Fryer	193	
Pork Chops Pizzaiola with Arugula Salad (Skillet) 	Skinnytaste One & Done	Skillet	42	
Pork Tenderloin with Potatoes and Caraway Seeds  	Skinnytaste Fast & Slow	Meat Lover Mains	191	
Pot Roast with Potatoes and Vegetables (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	262	
Roasted Brussels Bowls with Spicy Sausage   	Skinnytaste Fast & Slow	One-Bowl Meals	82	
Roasted Sausage, Peppers, and Potatoes (Sheet pan)  	Skinnytaste One & Done	Sheet Pan & Baking Dish	89	
Ropa Vieja (Slow cooker)  	Skinnytaste One & Done	Slow Cooker	267	
Skillet Pork Chops with Braised Fennel and Shallots 	Skinnytaste Fast & Slow	Meat Lover Mains	188	

Skinny Salisbury Steak with Mushroom Gravy <span>GF</span>	The Skinnytaste Cookbook	Lean Meat Dishes	201	<a href="#">WW</a>
Slow Cooker Asian Pork with Mushrooms (Slow cooker) <span>DF</span> <span>GF</span>	Skinnytaste Fast & Slow	Meat Lover Mains	205	<a href="#">WW</a>
Slow Cooker Banh Mi Rice Bowls (Slow cooker) <span>GF</span>	Skinnytaste Fast & Slow	One-Bowl Meals	94	<a href="#">WW</a>
Slow Cooker Brisket with Onions (Slow cooker) <span>DF</span> <span>GF</span> <span>Q</span>	Skinnytaste Fast & Slow	Meat Lover Mains	192	<a href="#">WW</a>
Slow Cooker Carne Desmechada (Slow cooker) <span>DF</span> <span>GF</span>	Skinnytaste Fast & Slow	Meat Lover Mains	195	<a href="#">WW</a>
Slow Cooker Goulash with Sauerkraut (Slow cooker) <span>DF</span> <span>GF</span>	Skinnytaste Fast & Slow	Meat Lover Mains	202	<a href="#">WW</a>
Slow-Cooker Mexican Pork Carnitas (Slow cooker) <span>GF</span> <span>Q</span>	The Skinnytaste Cookbook	Lean Meat Dishes	197	<a href="#">WW</a>
Slow Cooker Osso Buco (Slow cooker) <span>DF</span> <span>GF</span>	Skinnytaste Fast & Slow	Meat Lover Mains	199	<a href="#">WW</a>
Slow Cooker Pernil (Slow cooker) <span>GF</span>	Skinnytaste Fast & Slow	Meat Lover Mains	203	<a href="#">WW</a>
Slow-Cooker Picadillo (Slow cooker) <span>GF</span> <span>Q</span>	The Skinnytaste Cookbook	Lean Meat Dishes	193	<a href="#">WW</a>
Slow Cooker Stuffed Cabbage Rolls (Slow cooker) <span>DF</span> <span>GF</span>	Skinnytaste Fast & Slow	Meat Lover Mains	200	<a href="#">WW</a>
Spicy Lamb Korma (Slow cooker) <span>DF</span> <span>GF</span>	Skinnytaste One & Done	Slow Cooker	268	<a href="#">WW</a>
Steak and Onions <span>GF</span> <span>Q</span>	Skinnytaste Fast & Slow	Meat Lover Mains	182	<a href="#">WW</a>
Sunday Night Roast Beef and Gravy <span>GF</span>	The Skinnytaste Cookbook	Lean Meat Dishes	211	<a href="#">WW</a>
Teriyaki-Glazed Grilled Pork Chops with Pineapple Salsa <span>GF</span>	The Skinnytaste Cookbook	Lean Meat Dishes	198	<a href="#">WW</a>

Unstuffed Cabbage Bowls (Pressure cooker)



Skinnytaste One & Done

Pressure Cooker

157






[WW](#)

## Meatless Mains













RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Baked Eggplant Parmesan Stacks 	Skinnytaste Fast & Slow	Meatless Mains	237	<a href="#">WW</a>
Baked Pears with Greens, Blue Cheese, and Pecans 	Skinnytaste Fast & Slow	Meatless Mains	234	<a href="#">WW</a>
Black Bean Burrito Bowls 	The Skinnytaste Cookbook	Meatless Mains	251	<a href="#">WW</a>
Breaded Cauliflower Nuggets (Air fryer) 	Skinnytaste One & Done	Air Fryer	185	<a href="#">WW</a>
Butternut Squash Lasagna Rolls 	The Skinnytaste Cookbook	Meatless Mains	248	<a href="#">WW</a>
Cacio e Pepe Roasted Spaghetti Squash (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	118	<a href="#">WW</a>
Caprese Portobello Pizzas (Sheet pan) 	Skinnytaste One & Done	Sheet Pan & Baking Dish	83	<a href="#">WW</a>
Cheesy Baked Penne with Eggplant 	The Skinnytaste Cookbook	Meatless Mains	254	<a href="#">WW</a>
Chickpea and Potato Curry 	The Skinnytaste Cookbook	Meatless Mains	260	<a href="#">WW</a>
Coconut Veggie Curry 	Skinnytaste Fast & Slow	Meatless Mains	241	<a href="#">WW</a>
Creamy Carrot Farrotto 	The Skinnytaste Cookbook	Meatless Mains	245	<a href="#">WW</a>
Crustless Swiss Chard Pie 	The Skinnytaste Cookbook	Meatless Mains	240	<a href="#">WW</a>















RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Curry-Roasted Vegetables and Chickpeas with Mint-Cilantro Chutney (Sheet pan) GF Q	Skinnytaste One & Done	Sheet Pan & Baking Dish	117	WW
Dad's Peppers and Egg Sandwiches GF Q V	Skinnytaste Fast & Slow	Meatless Mains	242	WW
Easiest One-Pot Pasta and Broccoli GF Q V	Skinnytaste Fast & Slow	Meatless Mains	238	WW
Greek Panzanella Salad Q V	Skinnytaste Fast & Slow	Meatless Mains	233	WW
Grilled Cheese with Havarti, Brussels Sprouts, and Apple GF Q V	Skinnytaste Fast & Slow	Meatless Mains	229	WW
Grilled Halloumi and Veggies with Mint-Yogurt Sauce (Grill pan) GF Q V	Skinnytaste One & Done	Grill Pan	296	WW
Grilled Vegetable Caprese Salad DF GF	Skinnytaste Fast & Slow	Meatless Mains	226	WW
Indian Butter Chickpeas (Slow cooker) DF GF V	Skinnytaste One & Done	Slow Cooker	273	WW
Jalapeño Popper Frittata with Pico de Gallo (Skillet) GF Q	Skinnytaste One & Done	Skillet	56	WW
Margherita Pizzas (Air fryer) GF Q	Skinnytaste One & Done	Air Fryer	209	WW
Pot-in-Pot Puerto Rican Rice and Beans (Pressure cooker) GF V	Skinnytaste One & Done	Pressure Cooker	166	WW
Quinoa-Stuffed Peppers V	The Skinnytaste Cookbook	Meatless Mains	242	WW
Salad Pizza Q V	Skinnytaste Fast & Slow	Meatless Mains	230	WW
Skillet Spinach and Feta Pie (Skillet) DF GF Q	Skinnytaste One & Done	Skillet	63	WW



RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Skinny Broccoli Mac and Cheese  	The Skinnytaste Cookbook	Meatless Mains	257	<a href="#">WW</a>
Slow Cooker Chana Masala (Slow cooker)  	Skinnytaste Fast & Slow	Meatless Mains	248	<a href="#">WW</a>
Slow Cooker Loaded "Baked" Sweet Potatoes (Slow cooker)  	Skinnytaste Fast & Slow	Meatless Mains	246	<a href="#">WW</a>
Spicy Black Bean Burgers with Chipotle Mayo  	The Skinnytaste Cookbook	Meatless Mains	261	<a href="#">WW</a>
Spinach Falafel Lettuce Wraps 	The Skinnytaste Cookbook	Meatless Mains	258	<a href="#">WW</a>
Stuffed Artichokes with Bread Crumbs and Tomato Caper Sauce (Pressure cooker)   	Skinnytaste One & Done	Pressure Cooker	160	<a href="#">WW</a>
Sunny-Side-Up Egg and Avocado Rice Bowls  	Skinnytaste Fast & Slow	One-Bowl Meals	90	<a href="#">WW</a>
Tricolor Summer Penne	The Skinnytaste Cookbook	Meatless Mains	239	<a href="#">WW</a>
Zucchini "Meatballs"   	Skinnytaste Fast & Slow	Meatless Mains	245	<a href="#">WW</a>

## Mix & Match Bowls

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Banh Mi Turkey Meatball Rice Bowls   	Skinnytaste Meal Prep	Chicken & Other Poultry	118	<a href="#">WW</a>
California Roll Bowls   	Skinnytaste Meal Prep	Meatless Main	129	<a href="#">WW</a>
Chicken Larb Bowls   	Skinnytaste Meal Prep	Chicken & Other Poultry	105	<a href="#">WW</a>
Chili-Lime Chicken and Black Bean Cauli-Bowls   	Skinnytaste Meal Prep	Chicken & Other Poultry	110	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chimichurri 	Skinnytaste Meal Prep	Sauces	101	<a href="#">WW</a>
Greek Chicken Pilaf Bowls 	Skinnytaste Meal Prep	Chicken & Other Poultry	109	<a href="#">WW</a>
Juicy Italian Chicken Meatballs 	Skinnytaste Meal Prep	Chicken & Other Poultry	102	<a href="#">WW</a>
Kofta Meatball Couscous Bowls 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	122	<a href="#">WW</a>
Korean Beef and Rice Bowls 	Skinnytaste Meal Prep	Beef, Pork, & Lamb	125	<a href="#">WW</a>
Pesto Chicken and Roasted Veggie Farro Bowls	Skinnytaste Meal Prep	Chicken & Other Poultry	117	<a href="#">WW</a>
Pico de Gallo 	Skinnytaste Meal Prep	Sauces	101	<a href="#">WW</a>
Roasted Cauliflower Shawarma Lettuce Wraps 	Skinnytaste Meal Prep	Meatless Main	130	<a href="#">WW</a>
Roasted Veggie and Barley Buddha Bowl 	Skinnytaste Meal Prep	Meatless Main	126	<a href="#">WW</a>
Roasted Winter Veggie Quinoa Bowls 	Skinnytaste Meal Prep	Meatless Main	134	<a href="#">WW</a>
Sheet Pan Mediterranean Chicken and Veggies 	Skinnytaste Meal Prep	Chicken & Other Poultry	113	<a href="#">WW</a>
Slow Cooker Chicken Enchilada Rice Bowls (Slow Cooker) 	Skinnytaste Meal Prep	Chicken & Other Poultry	106	<a href="#">WW</a>
Smashed Broccoli Pecorino Farro Bowls 	Skinnytaste Meal Prep	Meatless Main	133	<a href="#">WW</a>
Spicy Peanut-Hoisin Sauce 	Skinnytaste Meal Prep	Sauces	101	<a href="#">WW</a>
Spinach Arugula Pesto 	Skinnytaste Meal Prep	Sauces	101	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Stuffed Chicken Parmesan and Asparagus <span>FM</span> <span>GF</span> <span>Q</span>	Skinnytaste Meal Prep	Chicken & Other Poultry	114	<a href="#">WW</a>
Thai Shrimp Cakes with Cucumber Salad <span>DF</span> <span>GF</span> <span>Q</span>	Skinnytaste Meal Prep	Salad	121	<a href="#">WW</a>

## Pasta & Zoodles

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
American-Style Cheesy Beef Goulash and Macaroni (Pressure cooker) <span>GF</span>	Skinnytaste One & Done	Pressure Cooker	152	<a href="#">WW</a>
Butternut Squash Noodles with Pancetta and Poached Egg (Spiralizer) <span>GF</span> <span>Q</span>	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	109	<a href="#">WW</a>
Cheesy Turkey Taco Chili Mac (Dutch oven) <span>GF</span>	Skinnytaste One & Done	Dutch Oven	223	<a href="#">WW</a>
Chicken and Zucchini Noodles with Black Bean Sauce (Spiralizer) <span>DF</span> <span>GF</span> <span>Q</span>	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	102	<a href="#">WW</a>
Chicken Fajita Pasta (Dutch oven) <span>GF</span> <span>Q</span>	Skinnytaste One & Done	Dutch Oven	219	<a href="#">WW</a>
Cold Peanut-Sesame Chicken and Spiralized Cucumber Noodle Salad (Spiralizer) <span>DF</span> <span>GF</span> <span>Q</span> <span>V</span>	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	101	<a href="#">WW</a>
Creamy Butternut Pasta with Spicy Sausage and Spinach (Dutch oven) <span>GF</span> <span>V</span>	Skinnytaste One & Done	Dutch Oven	215	<a href="#">WW</a>
Gnocchi with Sausage and Garlicky Broccoli Rabe (Dutch oven) <span>GF</span>	Skinnytaste One & Done	Dutch Oven	216	<a href="#">WW</a>
Instant Spaghetti and Meat Sauce (Pressure cooker) <span>GF</span> <span>Q</span>	Skinnytaste One & Done	Pressure Cooker	143	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Lazy Veggie Lasagna (Skillet) GF Q	Skinnytaste One & Done	Skillet	68	WW
Quickest Gnocchi Bolognese (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	147	WW
Shrimp and Summer Squash Noodles Baked in Foil (Spiralizer) GF Q	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	106	WW
Slow Cooker Beef Ragu with Pappardelle (Slow cooker) GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	123	WW
Slow Cooker Bolognese Sauce (Slow cooker) GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	120	WW
Slow Cooker Chicken Cacciatore (Slow cooker) GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	112	WW
Slow Cooker Hamburger Stroganoff (Slow cooker)	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	119	WW
Slow Cooker Italian Turkey-Zucchini Meatballs (Slow cooker) GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	116	WW
Slow Cooker Pollo in Potacchio (Slow cooker) GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	115	WW
Slow Cooker Spicy Harissa Lamb Ragu with Penne (Slow cooker) GF Q	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	111	WW
Spicy Carrot "Fideos" Secos (Skillet) GF Q	Skinnytaste One & Done	Skillet	59	WW
Spinach and Cheese Manicotti (Slow cooker) GF	Skinnytaste One & Done	Slow Cooker	271	WW













RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Spiralized Beet Salad with Seared Scallops and Orange (Spiralizer) GF Q	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	110	WW
Summer Veggie Zucchini Noodles with Burrata (Skillet) GF Q	Skinnytaste One & Done	Skillet	49	WW
Veggie-Loaded Zucchini Noodle Primavera (Skillet) V	Skinnytaste One & Done	Skillet	64	WW
Zoodles with Shrimp and Feta (Spiralizer) DF Q	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	105	WW

## Poultry

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Kielbasa, Veggie, and Pierogi Dinner DF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	66	WW
Korean-Style Chicken Rice Bowls with Napa Slaw DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	62	WW
Soy-Glazed Boneless Chicken Thighs DF GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	65	WW
Spicy Fried Chicken Crunch Wraps Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	82	WW
Chicken Plantain Sandwich (Jibarito de Pollo) DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	40	WW
Honey Mustard Chicken Tenders DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	45	WW
Pistachio-Crusted Chicken Cutlets GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	42	WW
Cajun-Spiced Fried Chicken GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	49	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chicken Caprese GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	50	WW
My Signature Wings DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	46	WW
Argentinian Sausage Sandwich with Chimichurri (Choripán) DF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	58	WW
Juicy Chicken Breasts DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	61	WW
Hawaiian BBQ-Inspired Drumsticks DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	73	WW
Sausage and Pepper Egg Rolls DF FM Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	69	WW
Swedish Turkey Meatballs GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	70	WW
Roasted Turkey Breast DF FM GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	81	WW
Feta-Brined Stufreezer-mealsed Chicken Breasts GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	74	WW
Honey Sriracha Chicken and Vegetables DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	77	WW
One-Pot Balsamic Chicken, Asparagus, and Burst Tomatoes DF GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	78	WW
Chicken Satay Lettuce Wraps with Peanut Sauce DF GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	54	WW
Jalapeño-Cheddar Turkey Burgers DF FM GF Q	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	57	WW
Latin Roast Chicken (Pollochón) DF FM GF	Skinnytaste Air Fryer Dinners	Chicken & Other Poultry	53	WW

## Salads

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Bacon-Wrapped BBQ Ranch Chicken Salad (Skillet) 	Skinnytaste One & Done	Skillet	30	<a href="#">WW</a>
Baja Grilled Flank Steak Salad 	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	139	<a href="#">WW</a>
BLT Salad with Avocado 	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	134	<a href="#">WW</a>
Buffalo Chicken Salad	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	129	<a href="#">WW</a>
Chilled Caribbean Shrimp Salad 	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	143	<a href="#">WW</a>
Coconut Chicken Salad with Warm Honey-Mustard Vinaigrette 	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	126	<a href="#">WW</a>
Curried Chicken Salad 	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	132	<a href="#">WW</a>
Greek Chickpea Salad 	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	146	<a href="#">WW</a>
Grilled Calamari with Mediterranean Chickpea Salad (Grill pan) 	Skinnytaste One & Done	Grill Pan	292	<a href="#">WW</a>
Grilled Lemon-Chile Shrimp Summer Salad (Grill pan) 	Skinnytaste One & Done	Grill Pan	289	<a href="#">WW</a>
Grilled Peach and Watermelon Burrata Salad (Grill pan) 	Skinnytaste One & Done	Grill Pan	295	<a href="#">WW</a>
Grilled Portobello Spinach Salad 	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	145	<a href="#">WW</a>
Grilled Scallop and Fennel Salad with Lemon Vinaigrette (Grill pan) 	Skinnytaste One & Done	Grill Pan	291	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Roast Beef and Watercress Pasta Salad GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	144	WW
Spiralized Lemon-Basil Zucchini Mason Jar Salads (Spiralizer) DF GF	Skinnytaste Fast & Slow	Zoodles, Squashta, Pasta, and Sauce	98	WW
Turkey Santa Fe Taco Salad with Avocado Crema GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	137	WW
Tuscan Panzanella Salad with Grilled Garlic Bread GF Q V	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	125	WW
Wild Salmon Salad with Balsamic-Caper Vinaigrette GF Q	The Skinnytaste Cookbook	Fabulous Main-Dish Salads	133	WW

## Sandwiches














RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Buffalo Chicken Melts GF	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	79	WW
Chicken Philly Cheesesteaks Q V	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	84	WW
Egg, Tomato, and Scallion Sandwiches Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	90	WW
French Bread Pizza Supreme Q V	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	92	WW
Greek Salad Pita Pizzas Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	82	WW
Grilled Steak Sandwiches Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	89	WW
Grilled Vegetable Sandwiches with Pesto Mayonnaise Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	95	WW




RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Pear and Brie Grilled Cheese Q V	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	91	WW
Roast Beef Sandwiches with Creamy Horseradish Spread Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	81	WW
Spicy Fried Chicken Sandwiches (Air fryer) DF GF Q	Skinnytaste One & Done	Air Fryer	175	WW
Summer Lobster Rolls Q V	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	97	WW
Turkey Panini with Avocado, Spinach, and Roasted Peppers Q	The Skinnytaste Cookbook	Sandwiches on the Lighter Side	86	WW



















































## Seafood

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Fried Fish Fillet Sandwiches Q	Skinnytaste Air Fryer Dinners	Seafood	136	WW
Lobster Tails with Garlic-Paprika Butter DF GF Q	Skinnytaste Air Fryer Dinners	Seafood	138	WW
Tzatziki Fish Tacos GF Q	Skinnytaste Air Fryer Dinners	Seafood	140	WW
King Crab Legs with Garlic-Lemon Butter DF GF Q	Skinnytaste Air Fryer Dinners	Seafood	117	WW
Mustard-Dill Salmon with Asparagus DF GF Q	Skinnytaste Air Fryer Dinners	Seafood	114	WW
Bacon-Wrapped Scallops DF GF Q	Skinnytaste Air Fryer Dinners	Seafood	121	WW
Sesame-Crusted Tuna with Wasabi Mayo DF GF Q	Skinnytaste Air Fryer Dinners	Seafood	118	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Shrimp Tempura Sushi "Burritos" 	Skinnytaste Air Fryer Dinners	Seafood	122	<a href="#">WW</a>
Fried Shrimp Po'Boy Wraps 	Skinnytaste Air Fryer Dinners	Seafood	130	<a href="#">WW</a>
Gnocchi with Shrimp and Burst Tomatoes 	Skinnytaste Air Fryer Dinners	Seafood	133	<a href="#">WW</a>
Sweet and Spicy Glazed Salmon 	Skinnytaste Air Fryer Dinners	Seafood	134	<a href="#">WW</a>
Blackened Fish Tacos 	Skinnytaste Air Fryer Dinners	Seafood	129	<a href="#">WW</a>
Cajun Shrimp Dinner 	Skinnytaste Air Fryer Dinners	Seafood	126	<a href="#">WW</a>
Fried Catfish and Hushpuppies with Creamy Slaw	Skinnytaste Air Fryer Dinners	Seafood	124	<a href="#">WW</a>
Blackened Salmon with Cucumber-Avocado Salsa (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	111	<a href="#">WW</a>
Crab Cake Sandwiches with Cajun Mayo (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	108	<a href="#">WW</a>
Crispy Coconut Shrimp with Sweet Chili Mayo (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	102	<a href="#">WW</a>
Fish Croquettes with Lemon-Dill Aioli (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	113	<a href="#">WW</a>
Lemony Shrimp and Zucchini with Mint (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	106	<a href="#">WW</a>
Roasted Fish with Lemon-Almond Crumbs (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	112	<a href="#">WW</a>
Salmon Burgers with Lemon-Caper Remoulade (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	114	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Shrimp Empanadas (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Seafood	105	
Tortilla Shrimp Tacos with Cilantro-Lime Slaw (Air Fryer)   	Skinnytaste Air Fryer Cookbook	Seafood	107	

## Sides

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Crispy Polenta Rounds with Basil Oil    	Skinnytaste Air Fryer Dinners	Sides	160	
Cheesy Broccoli Potato Patties     	Skinnytaste Air Fryer Dinners	Sides	151	
Roasted Balsamic Asparagus    	Skinnytaste Air Fryer Dinners	Sides	152	
Broccolini with Caesar-ish Dressing  	Skinnytaste Air Fryer Dinners	Sides	164	
Lemon Potatoes    	Skinnytaste Air Fryer Dinners	Sides	168	
Savory Sweet Potato Wedges    	Skinnytaste Air Fryer Dinners	Sides	167	
Eggplant Fries   	Skinnytaste Air Fryer Dinners	Sides	156	
Garlic Cheddar Biscuits  	Skinnytaste Air Fryer Dinners	Sides	159	
Mushrooms with Frizzled Shallots and Bacon   	Skinnytaste Air Fryer Dinners	Sides	155	
Red Curry Roasted Eggplant    	Skinnytaste Air Fryer Dinners	Sides	163	
Blistered Asian-Style Green Beans    	Skinnytaste Air Fryer Dinners	Sides	148	

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Golden Breaded Cauliflower Q V	Skinnytaste Air Fryer Dinners	Sides	144	WW
Smashed Potatoes DF GF Q V	Skinnytaste Air Fryer Dinners	Sides	147	WW
Balsamic Brussels Sprouts DF GF Q V	Skinnytaste Air Fryer Dinners	Sides	170	WW
Baked Sweet Plantains with Cheese DF GF Q V	Skinnytaste Fast & Slow	On the Side	259	WW
Braised Red Cabbage with Vinegar GF Q V	Skinnytaste Fast & Slow	On the Side	265	WW
Burnt Broccoli GF Q V	Skinnytaste Fast & Slow	On the Side	255	WW
Cauliflower "Fried Rice" GF Q V	Skinnytaste Fast & Slow	On the Side	260	WW
Cheesy Cauliflower "Mash" GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	269	WW
Confetti Slaw GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	285	WW
Creamy Slow Cooker Buttermilk Mashed Potatoes (Slow cooker) DF GF Q V	Skinnytaste Fast & Slow	On the Side	273	WW
Grilled Mexican Corn Salad Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	289	WW
Irresistible Vegetable Medley GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	274	WW
Italian House Salad with Dijon Vinaigrette GF V	Skinnytaste Fast & Slow	On the Side	252	WW
Lemon-Roasted Asparagus GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	278	WW
My House Salad, Made with Love V	The Skinnytaste Cookbook	Veggie-Licious Sides	267	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Pineapple Jicama Slaw GF Q V	Skinnytaste Fast & Slow	On the Side	269	WW
Quinoa Tabbouleh GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	287	WW
Roasted Acorn Squash with Parmesan GF Q V	Skinnytaste Fast & Slow	On the Side	263	WW
Roasted Sesame Green Beans GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	272	WW
Roasted Winter Beets and Red Potatoes GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	279	WW
Sautéed Broccoli Rabe with Garlic and Oil GF Q	The Skinnytaste Cookbook	Veggie-Licious Sides	284	WW
Seasoned Sweet Potato Wedges GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	277	WW
Sesame Roasted Cabbage Steaks DF GF Q V	Skinnytaste Fast & Slow	On the Side	270	WW
Shredded Brussels Sprouts with Prosciutto GF V	The Skinnytaste Cookbook	Veggie-Licious Sides	283	WW
Slow Cooker Sausage-Herb Stuffing (Slow cooker) GF V	Skinnytaste Fast & Slow	On the Side	274	WW
Spaghetti Squash with Garlic and Oil DF GF Q V	Skinnytaste Fast & Slow	On the Side	266	WW
Squashta (Spaghetti Squash) GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	268	WW
Summer Pearl Couscous GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	288	WW
Sweet Maple-Roasted Acorn Squash GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	280	WW
Tangy Carrot Ribbon Salad GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	275	WW












RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Turmeric-Roasted Cauliflower GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	270	WW
Vegetable Fried Brown Rice GF Q V	The Skinnytaste Cookbook	Veggie-Licious Sides	273	WW
Whipped Parmesan Cauliflower Puree GF Q V	Skinnytaste Fast & Slow	On the Side	264	WW
Zucchini Wedges with Lemon and Fresh Oregano DF GF Q V	Skinnytaste Fast & Slow	On the Side	256	WW

## Smart Snacks

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Air-Popped Popcorn with Sea Salt DF GF Q V	Skinnytaste Meal Prep	Appetizers & Snacks	149	WW
BBQ Roasted Green Peas DF GF V	Skinnytaste Meal Prep	Appetizers & Snacks	146	WW
Buffalo Chicken-Stuffed Celery Sticks GF Q	Skinnytaste Meal Prep	Appetizers & Snacks	141	WW
California Tuna Salad Stuffed Cucumber DF GF Q	Skinnytaste Meal Prep	Appetizers & Snacks	142	WW
Deviled Eggs with Lox GF Q	Skinnytaste Meal Prep	Appetizers & Snacks	138	WW
DIY Protein Bistro Snack Boxes GF Q V	Skinnytaste Meal Prep	Appetizers & Snacks	154	WW
"Everything" Nuts DF GF Q V	Skinnytaste Meal Prep	Appetizers & Snacks	150	WW
PB + J Healthy Oatmeal Cookies DF FM GF Q V	Skinnytaste Meal Prep	Appetizers & Snacks	153	WW
Pumpkin Hummus DF GF Q V	Skinnytaste Meal Prep	Appetizers & Snacks	157	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Zucchini Chips 	Skinnytaste Meal Prep	Appetizers & Snacks	145	<a href="#">WW</a>
























## Soups & Chilis
















RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Aztec Chicken, Quinoa, and Avocado Soup 	The Skinnytaste Cookbook	Soups & Chilis	66	<a href="#">WW</a>
Bacalao (Salt Cod) and Potato Stew (Dutch oven) 	Skinnytaste One & Done	Dutch Oven	231	<a href="#">WW</a>
Beef Stock in the Slow Cooker (Slow cooker) 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	73	<a href="#">WW</a>
Beef Stroganoff Noodle Soup (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	151	<a href="#">WW</a>
Beef, Tomato, and Acini di Pepe Soup (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	155	<a href="#">WW</a>
Breadless French Onion Soup with Parmesan-Asiago Crisps 	The Skinnytaste Cookbook	Soups & Chilis	55	<a href="#">WW</a>
Caldo de Papa (Potato and Short Rib Soup) (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	148	<a href="#">WW</a>
Caramelized Onion Soup with Cauliflower and Melted Gruyère (Dutch oven) 	Skinnytaste One & Done	Dutch Oven	228	<a href="#">WW</a>
Chicken and Lentil Soup (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	127	<a href="#">WW</a>
Chicken Pot Pie Soup 	The Skinnytaste Cookbook	Soups & Chilis	69	<a href="#">WW</a>
Chicken Tortilla Soup (Pressure cooker) 	Skinnytaste One & Done	Pressure Cooker	136	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Chinese Shrimp and Pork Dumpling Meatball Soup (Dutch oven) DF GF	Skinnytaste One & Done	Dutch Oven	239	WW
Chunky Brisket and Cabbage Soup (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	265	WW
Cinnamon-Roasted Butternut Squash Soup GF Q	The Skinnytaste Cookbook	Soups & Chilis	61	WW
Colombian Chicken and Potato Soup (Pressure cooker) GF V	Skinnytaste One & Done	Pressure Cooker	123	WW
Cream of Zucchini Soup GF Q V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	43	WW
Creamy Cheddar-Broccoli Soup (Dutch oven) DF GF Q	Skinnytaste One & Done	Dutch Oven	243	WW
Dad's Cauliflower Soup GF V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	40	WW
Drunken Seafood Stew GF Q V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	48	WW
Easy Lamb Stew with Chickpeas (Pressure cooker) DF GF	Skinnytaste One & Done	Pressure Cooker	156	WW
Ham and White Bean Soup (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	257	WW
Italian Escarole and White Bean Soup GF	The Skinnytaste Cookbook	Soups & Chilis	57	WW
Katia's Caldo Gallego	The Skinnytaste Cookbook	Soups & Chilis	72	WW
Mexican Pinto Beans with Queso (Pressure cooker) V	Skinnytaste One & Done	Pressure Cooker	165	WW
Milda's Caldeirada (Portuguese Seafood Stew) (Dutch oven) Q	Skinnytaste One & Done	Dutch Oven	236	WW















RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Mini Turkey Meatball Vegetable Soup (Dutch oven) GF Q	Skinnytaste One & Done	Dutch Oven	220	WW
Mussel Chowder with Bacon (Dutch oven) DF GF	Skinnytaste One & Done	Dutch Oven	232	WW
Navy Bean, Bacon, and Spinach Soup (Pressure cooker) DF GF Q	Skinnytaste One & Done	Pressure Cooker	144	WW
Pasta e Fagioli Q V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	47	WW
Pressure Cooker Chicken Soup for My Soul GF Q V	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	44	WW
Roasted Chicken Stock in the Slow Cooker (Slow cooker) DF	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	72	WW
Roasted Pepper and Orzo Soup DF GF Q	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	45	WW
Rustic Italian Gnocchi Soup GF	The Skinnytaste Cookbook	Soups & Chilis	70	WW
Shepherd's Pie Stew (Dutch oven) GF	Skinnytaste One & Done	Dutch Oven	224	WW
Shortcut Vietnamese Chicken Pho (Pressure cooker) GF	Skinnytaste One & Done	Pressure Cooker	131	WW
Shrimp Jambalaya (Dutch oven) DF GF	Skinnytaste One & Done	Dutch Oven	240	WW
Silky Edamame Soup GF V	The Skinnytaste Cookbook	Soups & Chilis	62	WW
Slow Cooker Beef and Two-Bean Chili (Slow cooker) DF GF	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	66	WW
Slow Cooker Beef Stew with Sweet Potatoes (Slow cooker) GF	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	69	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow Cooker Butternut-Apple Soup with Crispy Leeks (Slow cooker)	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	57	<a href="#">WW</a>
Slow Cooker Chicken and Dumpling Soup (Slow cooker) 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	54	<a href="#">WW</a>
Slow-Cooker Chicken Enchilada Soup (Slow cooker) 	The Skinnytaste Cookbook	Soups & Chilis	64	<a href="#">WW</a>
Slow Cooker Chicken Taco Chili (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	62	<a href="#">WW</a>
Slow Cooker Creamy Tomato Soup (Slow cooker)   	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	58	<a href="#">WW</a>
Slow Cooker Italian Sausage and White Bean Soup with Escarole (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	51	<a href="#">WW</a>
Slow Cooker Lasagna Soup (Slow cooker) 	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	53	<a href="#">WW</a>
Slow-Cooker Santa Fe Chicken (Slow cooker) 	The Skinnytaste Cookbook	Soups & Chilis	73	<a href="#">WW</a>
Slow Cooker Stuffed Pepper Soup (Slow cooker)   	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	50	<a href="#">WW</a>
Slow Cooker Turkey, White Bean, and Pumpkin Chili (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	65	<a href="#">WW</a>
Slow Cooker Vegetable Yellow Split Pea Soup (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	61	<a href="#">WW</a>
Slow Cooker Venison Stew (Slow cooker)  	Skinnytaste Fast & Slow	Chilis, Soups, and Stews	70	<a href="#">WW</a>
Slow-Cooker White Bean Chicken Chili Verde (Slow cooker) 	The Skinnytaste Cookbook	Soups & Chilis	75	<a href="#">WW</a>
Southwestern Beef and Black Bean Chili (Slow cooker)  	Skinnytaste One & Done	Slow Cooker	264	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Split Pea Soup with Smoked Turkey (Slow cooker)  	Skinnytaste One & Done	Slow Cooker	258	<a href="#">WW</a>
Tomato-Spinach Tortellini Soup (Pressure cooker)   	Skinnytaste One & Done	Pressure Cooker	162	<a href="#">WW</a>
Too-Good-to-Be-True Baked Potato Soup   	The Skinnytaste Cookbook	Soups & Chilis	58	<a href="#">WW</a>
Turkey Cheeseburger Soup (Pressure cooker)	Skinnytaste One & Done	Pressure Cooker	140	<a href="#">WW</a>
"Un"stuffed Cabbage Soup   	The Skinnytaste Cookbook	Soups & Chilis	63	<a href="#">WW</a>
Vegetarian Butternut Chili (Slow cooker) 	Skinnytaste One & Done	Slow Cooker	272	<a href="#">WW</a>
White Chicken Chili with Hominy (Pressure cooker)   	Skinnytaste One & Done	Pressure Cooker	132	<a href="#">WW</a>









## Tacos

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Ahi Tuna Poke Jicama Tacos   	Skinnytaste Fast & Slow	Taco Night	132	<a href="#">WW</a>
Cauliflower-Potato Tacos with Lime-Cilantro Chutney   	Skinnytaste Fast & Slow	Taco Night	135	<a href="#">WW</a>
Grilled Cumin-Rubbed Skirt Steak Tacos with Pickled Red Onions  	Skinnytaste Fast & Slow	Taco Night	128	<a href="#">WW</a>
Grilled Greek Chicken Tostadas 	Skinnytaste Fast & Slow	Taco Night	127	<a href="#">WW</a>
Madison's Favorite Beef Tacos (Slow cooker) 	Skinnytaste Fast & Slow	Taco Night	139	<a href="#">WW</a>
Slow Cooker Hawaiian Pork Tacos with Charred Pineapple Salsa (Slow cooker)  	Skinnytaste Fast & Slow	Taco Night	142	<a href="#">WW</a>






RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Slow Cooker Korean-Style Beef Tacos (Slow cooker) GF	Skinnytaste Fast & Slow	Taco Night	140	WW
Slow Cooker Salsa Verde Chicken Taquitos (Slow cooker) GF Q V	Skinnytaste Fast & Slow	Taco Night	136	WW
Slow Cooker Vegetarian Black Bean Tacos (Slow cooker) DF GF	Skinnytaste Fast & Slow	Taco Night	145	WW
Spicy Lump Crab and Charred Corn Flaco "Tacos" DF GF Q	Skinnytaste Fast & Slow	Taco Night	131	WW
Tex-Mex Turkey Tacos (Slow cooker) DF GF	Skinnytaste One & Done	Slow Cooker	261	WW

## Vegetable Main & Sides

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Bacon Wrapped Asparagus Bundles (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	131	WW
Breaded Fried Eggplant (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	143	WW
Brussel Sprouts with Bacon (Air Fryer) DF GF Q	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	127	WW
Buffalo Cauliflower Nuggets (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	122	WW
Charred Sesame Green Beans (Air Fryer) DF GF Q V	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	128	WW
Cheddar Broccoli Gratin (Air Fryer) GF Q V	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	135	WW
Crispy Onion Rings (Air Fryer) Q V	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	136	WW

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Crispy Sweet Potato Fries (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	138	<a href="#">WW</a>
French Fries (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	132	<a href="#">WW</a>
Mexican Street Corn (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	124	<a href="#">WW</a>
Perfectly Baked Potatoes with Yogurt and Chives (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	137	<a href="#">WW</a>
Sesame-Crusted Teriyaki Tofu "Steaks" (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	121	<a href="#">WW</a>
Sugar and Spice Acorn Squash (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	125	<a href="#">WW</a>
Tomato, Spinach, & Feta Stuffed Portobellos (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	118	<a href="#">WW</a>
Tostones with Peruvian Green Sauce (Air Fryer) 	Skinnytaste Air Fryer Cookbook	Vegetable Main & Sides	141	<a href="#">WW</a>

## Veggie Mains

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Veggie-Loaded Stromboli 	Skinnytaste Air Fryer Dinners	Meatless Main	14	<a href="#">WW</a>
Eggplant Parmesan 	Skinnytaste Air Fryer Dinners	Meatless Main	23	<a href="#">WW</a>
Big Green Salad with Crispy Spiced Chickpeas and Halloumi 	Skinnytaste Air Fryer Dinners	Meatless Main	20	<a href="#">WW</a>
Herby Tofu Summer Rolls with Peanut Sauce 	Skinnytaste Air Fryer Dinners	Meatless Main	19	<a href="#">WW</a>
Sesame-Soy Tofu Broccoli Bowls 	Skinnytaste Air Fryer Dinners	Meatless Main	16	<a href="#">WW</a>

RECIPE	COOKBOOK	CHAPTER	PAGE	WW
Cajun Arancini with Roasted Red Pepper Marinara GF V	Skinnytaste Air Fryer Dinners	Meatless Main	37	WW
General Tso's Cauliflower DF GF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	33	WW
Veggie French Bread Pizzas DF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	34	WW
Cheesy Calzones Q V	Skinnytaste Air Fryer Dinners	Meatless Main	30	WW
Giant Samosas with Cilantro-Mint Chutney FM V	Skinnytaste Air Fryer Dinners	Meatless Main	28	WW
Loaded Black Bean Nachos GF Q V	Skinnytaste Air Fryer Dinners	Meatless Main	27	WW
Un-Fried Falafel DF V	Skinnytaste Air Fryer Dinners	Meatless Main	24	WW