



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

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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The actual book Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family has a lot info on it. So when you read this book you can get a lot of profit. The book was compiled by the very famous author. The writer makes some research ahead of write this book. This kind of book very easy to read you may get the point easily after reading this book.

Nancy Reese:

Your reading 6th sense will not betray an individual, why because this Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family reserve written by well-known writer whose to say well how to make book that can be understand by anyone who else read the book. Written inside good manner for you, dripping every ideas and creating skill only for eliminate your personal hunger then you still uncertainty Skinny Suppers: 125 Lightened-Up, Healthier Meals for Your Family as good book not just by the cover but also from the content. This is one e-book that can break don't evaluate book by its protect, so do you still needing one more sixth sense to pick this particular!? Oh come on your reading through sixth sense already told you so why you have to listening to yet another sixth sense.

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