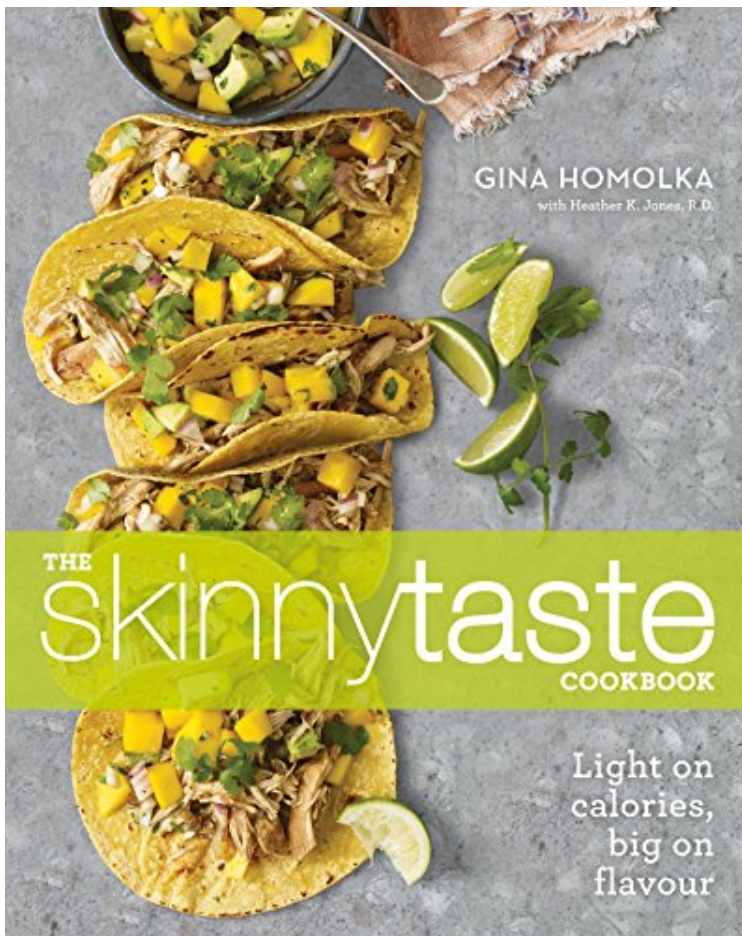


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# Skinnytaste Cookbook



*Par Gina Homolka*  
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## Description :

Prsentation de l'diteurToo often when dieting or trying to cut back, dinner times leave you feeling hungrier than before: the portions too small, the food too bland and boring. Gina Holmolka's Skinnytaste Cookbook offers the perfect solution 150 flavour-full, skinnified versions of family favourites and hearty yet healthy dishes to suit every preference. With nutritional information available for every recipe, you'll find slimmed down options for each meal of the day that you'd swear are anything but. Try banana-blueberry pancakes for breakfast at just 259 calories; nab a steak sandwich for lunch for only 350, and round off your day with Mongolian beef and broccoli for an amazing 256. You can even wash it down with a Double Chocolate Chip Walnut Cookie that's low in sugar and butter-free, but still totally indulgent. As a busy mother of two, Gina started her internationally acclaimed blog Skinnytaste when she was struggling to find enough tempting recipes to support her through her Weight Watchers program. Instead she started skinnifying her favourite meals so that she could eat happily whilst still cutting down. The Skinnytaste Cookbook is the culmination of her remarkable efforts to keep the taste but ditch the fat now you can eat the food you love AND lose weight at the same time. Revue de presse "These easy-to-assemble dishes keep both family mealtime planning and healthy eating in mind with kid-friendly, 'simplified and skinny-fied' dishes. Using Homolka's strategies,

home cooks can deliver balanced, delicious meals even when time is an obstacle." - Publishers Weekly

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