



Skinny-Size It: 101 Recipes That Will Fill You Up and Slim You Down

Molly Morgan

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Photo Credit: Tracy Wood

Tired of giving up the meals you love because you're trying to lose weight? Stop depriving yourself and start skinny-sizing! Dietician and nutritionist Molly Morgan shares 101 recipes that give your high-calorie faves—think pancakes, muffins and lasagna—a skinny makeover. The only things you'll be missing are those extra pounds.

Traditional breakfast burritos have 600 calories and 35 grams of fat.

Skinny-Sized burritos have 300 calories and only 9 grams of fat!

Traditional blueberry muffins have 380 calories and 19 grams of fat

Skinny-Sized blueberry muffins have 130 calories and 2 grams of fat!

Traditional lasagna has 870 calories and 47 grams of fat.

Skinny-Sized lasagna has 260 calories and 7 grams of fat!

Skinny-Size It: 101 Recipes That Will Fill You Up and Slim You Down Details

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From Reader Review Skinny-Size It: 101 Recipes That Will Fill You Up and Slim You Down for online ebook

Jess says

This cookbook is all about taking favorite (and traditional) recipes and turning them into something that you can eat in a healthy way. By removing some of the higher calorie ingredients and replacing them with lower calorie options it makes the recipe something you won't feel guilty eating.

I've tried a few of the recipes so far and I liked the results. I didn't think that the food tasted too "healthy" I felt like I was eating what I really wanted and didn't feel deprived. That's what's most important. If I feel like I'm being deprived it makes me crave worse foods.

I liked the layout of the cookbook, it was easy to read and follow the steps. I'm very happy and can't wait to try more recipes. Next up is the blueberry muffin (although I'll be making mine gluten free.)

Thanks to netgalley for providing me with a copy of this book to read and review.

Colette says

Hi, I won a free copy this is fantastic! The recipes have many options to make breakfast, lunch, supper, and smoothies. As the title suggests the author Molly Morgan takes a regular recipe and turns it into a lower fat option.

I cannot wait to try out the recipes, it is also very good for people that are vegetarians.

Included in the book are what to stock your pantry with she includes recipes for snacks, dips, marinades and appetizers even a lower sugar content Gin Fizz

Ashley says

Won this in the Goodreads giveaway! Can't wait to get it in and try it out! I am always looking for new, easy, and healthy recipes!

Received this book today (4/2/14). I plan on trying a few recipes this week. Review to follow.

Update

I finished reading this book and tried out a couple of recipes. I really like it! My favorite recipe so far has been the meatloaf. I really like that this book has taken traditional home favorite meals and swapped out unhealthy, fattening ingredients for more healthy options. I also like that the nutritional value for each recipe is listed. For those of us who count macros like myself, it took a lot of work out for me, and I enjoyed that.

All in all I give this book 5 stars, if you are looking for traditional but healthy option recipes this book is for you. Thank you for allowing me a free copy to preview!

Heather Bennett says

Skinny-Size It has some wonderful ideas and recipes in it. The down side of this book is the print and some of the materials you will need in the kitchen may not be cost effective for some people. Overall it is a good book and well written.

Heather says

I really thought this book was helpful in learning about nutrition and what to eat if you want to lose weight. I have made three recipes, and I have liked only one, but my mom likes two of them. I will want to try most all of the recipes and will as soon as I can.

P.S. I won this book from Goodreads First Reads.

Angela Street says

This is a unique book that is chock full of interesting recipes and substitutions that can help one lose weight. The recipes are unique. If you live in a small town it might be hard to find some of the ingredients. There is emphasis on meatless dishes and using seasonings. My favorite part of the book dealt with the substitutions and ways you can adjust common cooking ingredients to lose weight and have healthier eating lifestyle.

Chris says

No pictures. Some reasonable tips and some tips that change the whole idea of the recipe.

Dorine says

Posted originally at TBR Mountain Range.

"Food is Fuel" is just one of the many healthy ideas presented in this delicious way to nutritious eating that's flavorful and fun.

I shopped, thought, and cooked my way through the reading of this book and I lost another five pounds in the process. SKINNY-SIZE IT is not just a great book for someone wanting to shed a few pounds, it's also good at teaching you how to rethink how you shop for food and prepare it, while being nutrition minded.

It's easier to completely change how you think about food while using a book like SKINNY-SIZE IT to guide you. I've gone to a dietitian and I have studied nutrition as much as possible, but incorporating what you've learned into daily meal prep is much easier with recipes to guide you.

SKINNY-SIZE IT is an idea book because it can help you transition some of your own recipes to healthy eating. I've tried several cookbooks this year in my quest for Vegetarian or Vegan choices that are nutritionally sound, low-fat plus flavorful, and this book seems better suited to those who want a low-fat diet than many of the others I've tried. That said, there are still recipes that include steak or chicken so meat lovers won't feel left out.

SKINNY-SIZE IT helps maintain the attitude that "food is fuel" as stated in the book and if you concentrate on how you're going to fuel your body, it's much easier to transition to a healthier way of living.

The "skinny skimps, swaps and skips" listed are valuable tools. I used several of the tips gained from the book and my favorite is learning to "sweat" onions and peppers versus using oil. That seems like such a simple thing but it really makes a difference when you're concentrating on not going over a specific number of fat grams per day.

"Skinny" tips are one of the advantages to this book because there are tips on what to look for based on the recipe you're making. For example, in the "Stacked ALT Sandwich" recipe, the "Skinny Shopping" section has great tips on how to choose the healthiest whole wheat bread. Plus, the Avocado, Lettuce and Tomato "ALT" combination for a sandwich is quite interesting.

So even if you don't try each recipe, the tips learned while reading them will help you in your daily preparation of food.

The only thing I missed in this book, in comparison to others similar to it, was photographs of the food. In my opinion, the visual appeal of food is part of the process of maintaining an enjoyable, healthy diet, so I think photos would make this book perfect. But, you won't be as hungry while reading without the pictures, so maybe that's a good thing! Also, I think books with recipes are better suited to print rather than eBook, which was the format of my ARC, so I'll be looking for the print version to add to my already huge collection.

The recipes that I especially enjoyed for breakfast were "Tropical Mango Oatmeal" and "Apple Quinoa Crunch". There were several muffin recipes that I'm anxious to try and the "Very Banana Pancakes" are on my wishlist. For lunch you can look forward to "Quinoa-Bean Burgers" which have easy to find ingredients. No more buying pre-prepared veggie burgers when you can make your own, tasty and fresh. Another sandwich I especially enjoyed was the "Hummus-Cucumber Flatbread" which I made in a dried tomato soft taco. Since breakfast and lunch are my least favorite meals to prepare, I tried those first so I'd have variety. There are plenty of entrees, sides, snacks, sauces, dips and drinks to try, too.

I appreciated the nutrition facts per serving listed at the end of each recipe because it's extremely important to those of us with dietary restrictions.

There are so many recipes in this book that I'm anxious to try that it left only one or two that didn't appeal. They're pretty easy, too, and have interesting changes in them, so much so that author Molly Morgan's versions of traditional recipes are more inventive than the originals. The "Veggie Chili" is one such recipe that's sure to please.

SKINNY-SIZE IT is a good book for those who want to transition to a healthier way of preparing food while maintaining flavor and portions that you and your family will love. Everyone is sure to gain ideas from the "skinny skimps, swaps and skips" provided throughout the book. Learning about nutrition never tasted so good!

Review by Dorine, courtesy of the TBR Mountain Range. eBook provided free by NetGalley and Harlequin for an honest review.
