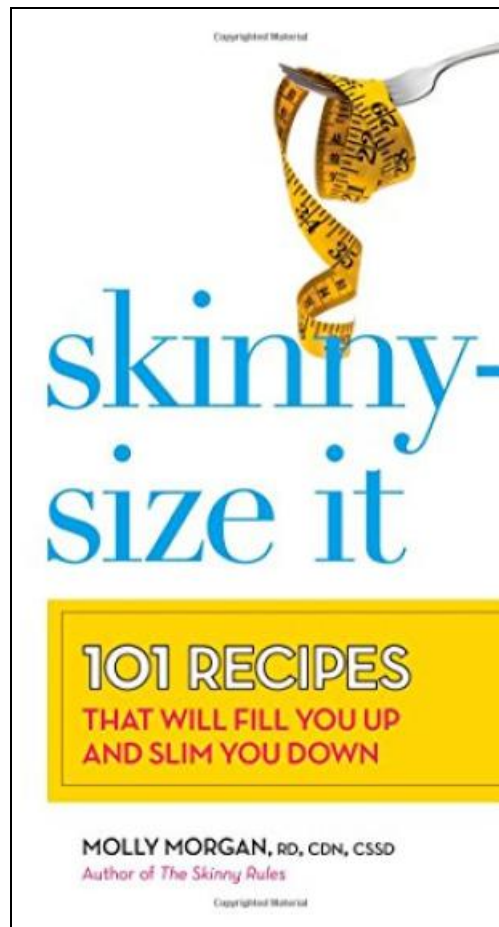


## Skinny-Size It: 101 Recipes That Will Fill You Up and Slim You Down (Paperback)



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### **Reviews**

*Merely no words to clarify. I could comprehend almost everything using this published e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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Harlequin, 2014. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Photo Credit: Tracy WoodTired 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 favesthink pancakes, muffins and lasagnaa 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 fatSkinny-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!\*



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