



Eat Skinny, Be Skinny: 100 Wholesome and Delicious Recipes Under 300 Calories

Claire Gallam

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Finally a cookbook that consists of realistically healthy meals with great flavors and portions that leave you satisfied. Author Claire Gallam is a food writer and recipe developer who has worked to provide a full range of recipes—from breakfast, lunch, and dinner, to salads, cocktails and even dessert—that each includes nutritional information and a calorie count to help make weight management easier. Every delicious recipe and refreshing cocktail is less than 300 calories, so you can keep those pounds off while still enjoying your favorite foods.

No matter what your skill in the kitchen, every recipe comes with easy to follow, step-by-step instructions to make cooking fun (and easy) again. Sample these satisfying dishes:

Melon, prosciutto, and mozzarella bites

Dark cherry red wine sangria

Fresh whole wheat strawberry muffins

Crispy lemon glazed chicken with steamed green beans

Best low-fat chocolate chip cookies

Getting yourself back on track doesn't have to be a chore. Enjoy yourself as you make wholesome meals in the comfort of your own kitchen that will lead to a happy, healthier you. Forget dieting, start eating with the *Eat Skinny, Be Skinny* cookbook!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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