

# Download Skinnytaste Recipes Cookbook

A free 7-day flexible weight loss meal plan including breakfast, lunch and dinner and a shopping list. All recipes include calories and Weight Watchers. GINA HOMOLKA is the author of the New York Times bestselling *The Skinnytaste Cookbook* and the founder of Skinnytaste, the award-winning blog that's been featured on *Fitness and Better Homes and Gardens*, among other media outlets. Hi, I'm Gina Homolka, a busy mom of two girls, author and recipe developer here at [Skinnytaste.com](http://Skinnytaste.com). My food philosophy is to eat seasonal, whole foods and maintain good portion control (everything in moderation!). Collection by Skinnytaste. A collection of all my Skinnytaste recipes. All the recipes are light, healthy, easy to make, made with real food. Includes calories and weight watcher points., *Skinnytaste Recipes Cookbook*.

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