

skinnytaste | Cookbook Index

*WW = WW PersonalPoints™ Link

Big Batches & Planned-Overs

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|-------------------------|------|--------------------|
| Basil Pomodoro Sauce DF FM GF Q V | Skinnytaste Meal Prep | Sauces | 294 | WW |
| Bean and Turkey Tostadas GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 279 | WW |
| Chicken and Broccoli Rabe Wraps DF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 252 | WW |
| Chicken Chive Wontons FM | Skinnytaste Meal Prep | Chicken & Other Poultry | 284 | WW |
| Chicken Souvlaki Pitas Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 256 | WW |
| Five-Spice Glazed Pork Tenderloin DF FM GF | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 280 | WW |
| Greek Gyro Salad GF Q | Skinnytaste Meal Prep | Salad | 293 | WW |
| Gyro Loaf DF FM GF | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 290 | WW |
| Herb Turkey Breast with Gravy DF FM GF | Skinnytaste Meal Prep | Chicken & Other Poultry | 259 | WW |
| Instant Pot Colombian Beans (Instant Pot) DF FM GF PC | Skinnytaste Meal Prep | Sides | 276 | WW |
| Paprika Whole Roasted Chicken DF FM GF | Skinnytaste Meal Prep | Chicken & Other Poultry | 248 | WW |
| Personal Turkey Pot Pies FM | Skinnytaste Meal Prep | Chicken & Other Poultry | 260 | WW |

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|-------------------------|------|----|
| Pollo Asado (Latin Rotisserie Style Roasted Chicken) DF FM GF | Skinnytaste Meal Prep | Chicken & Other Poultry | 251 | WW |
| Pork Shoulder Ragu with Cauliflower Polenta GF Q | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 275 | WW |
| Quick Five-Spice Pork Ramen DF Q | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 283 | WW |
| Rotisserie Summer Chicken Bowls with Smoked Paprika Aioli DF GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 255 | WW |
| Salmon Fried Rice with Asparagus DF FM GF Q | Skinnytaste Meal Prep | Fish | 267 | WW |
| Salmon Nicoise Salad DF GF | Skinnytaste Meal Prep | Salad | 271 | WW |
| Sheet Pan Herb Salmon with Broccolini and Tomatoes DF GF Q | Skinnytaste Meal Prep | Fish | 264 | WW |
| Shrimp and Celery Wontons FM | Skinnytaste Meal Prep | Seafood | 284 | WW |
| Slow Cooker Italian Pulled Pork (Slow Cooker) DF FM GF SC | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 272 | WW |
| Soy Dipping Sauce DF GF V | Skinnytaste Meal Prep | Sauces | 285 | WW |
| Spicy Salmon Poke Bowls DF GF Q | Skinnytaste Meal Prep | Fish | 268 | WW |
| Spicy Veggie Wontons FM | Skinnytaste Meal Prep | Meatless Main | 284 | WW |
| Turkey Cranberry Salad DF GF Q | Skinnytaste Meal Prep | Salad | 263 | WW |
| Wonton Soup DF FM Q | Skinnytaste Meal Prep | Soups & Chilis | 289 | WW |

Bonus Recipes

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|---------------|------|----|
| Balsamic Green Bean Salad DF | Skinnytaste Meal Prep | Salad | 307 | WW |
| Italian Cobb Salad DF GF Q | Skinnytaste Meal Prep | Salad | 308 | WW |
| Veggie Sushi Bowls DF GF Q V | Skinnytaste Meal Prep | Meatless Main | 312 | WW |
| White Bean Patties with Lemon Basil Aioli FM GF V | Skinnytaste Meal Prep | Meatless Main | 311 | WW |

Breakfast

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|--------------------|------|----|
| Almond Flour Banana Crumb Muffins DF FM GF V | Skinnytaste Meal Prep | Breakfast & Brunch | 60 | WW |
| Avena (Oatmeal Smoothie) DF GF Q V | Skinnytaste Meal Prep | Breakfast & Brunch | 36 | WW |
| Baked Oatmeal Cups: Apple Cinnamon DF FM GF V | Skinnytaste Meal Prep | Breakfast & Brunch | 41 | WW |
| Baked Oatmeal Cups: Blueberry Banana DF FM GF V | Skinnytaste Meal Prep | Breakfast & Brunch | 41 | WW |
| Baked Oatmeal Cups: Mixed Berry DF FM GF V | Skinnytaste Meal Prep | Breakfast & Brunch | 41 | WW |
| Baked Oatmeal Cups: Peaches & Cream FM GF V | Skinnytaste Meal Prep | Breakfast & Brunch | 41 | WW |
| Breakfast Fried Rice DF GF Q | Skinnytaste Meal Prep | Breakfast & Brunch | 39 | WW |
| Breakfast On-the-Run Bowls (Air Fryer) AF DF GF Q V | Skinnytaste Meal Prep | Breakfast & Brunch | 32 | WW |

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|--------------------|------|----|
| Breakfast Quesadillas GF Q V | Skinnytaste Meal Prep | Breakfast & Brunch | 52 | WW |
| Classic Egg Salad DF GF Q V | Skinnytaste Meal Prep | Breakfast & Brunch | 56 | WW |
| Greek Yogurt Raspberry Loaf FM V | Skinnytaste Meal Prep | Breakfast & Brunch | 63 | WW |
| Instant Egg White Steel Cut Oats (Instant Pot) DF GF PC V | Skinnytaste Meal Prep | Breakfast & Brunch | 59 | WW |
| Italian Sausage and Ricotta Frittata GF Q | Skinnytaste Meal Prep | Breakfast & Brunch | 55 | WW |
| Lemon Blueberry Buttermilk Sheet Pan Pancakes FM Q V | Skinnytaste Meal Prep | Breakfast & Brunch | 45 | WW |
| Pina Colada Yogurt Bowls DF GF Q V | Skinnytaste Meal Prep | Breakfast & Brunch | 35 | WW |
| Sausage, Egg, and Cheese Breakfast Sandwiches FM GF | Skinnytaste Meal Prep | Breakfast & Brunch | 51 | WW |
| Strawberry and Cottage Cheese Jars GF Q V | Skinnytaste Meal Prep | Breakfast & Brunch | 48 | WW |
| Stuffed Bagel Balls (Air Fryer) AF FM GF V | Skinnytaste Meal Prep | Breakfast & Brunch | 42 | WW |

Freezer Favorites: Meat & Seafood

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|-------------------------|------|----|
| Autumn Stuffed Acorn Squash DF FM GF | Skinnytaste Meal Prep | Chicken & Other Poultry | 221 | WW |
| Chicken and Chickpea Stew (Slow Cooker, Instant Pot) DF FM GF PC SC | Skinnytaste Meal Prep | Soups & Chilis | 209 | WW |
| Chicken Orzo Soup with Dill (Instant Pot) DF FM GF PC | Skinnytaste Meal Prep | Soups & Chilis | 210 | WW |

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|-------------------------|------|----|
| DIY Chicken Taco Kits GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 217 | WW |
| Freezer Chicken Black Bean Burritos (Slow Cooker) FM SC | Skinnytaste Meal Prep | Chicken & Other Poultry | 198 | WW |
| Freezer-to-Instant Pot Chicken and Dumpling Soup (Instant Pot) DF FM PC | Skinnytaste Meal Prep | Soups & Chilis | 195 | WW |
| Freezer-to-Instant Pot Cream of Chicken and Wild Rice Soup (Instant Pot) FM GF PC | Skinnytaste Meal Prep | Soups & Chilis | 201 | WW |
| Freezer to Instant Pot Thai Chicken with Butternut Squash (Instant Pot) DF FM GF PC | Skinnytaste Meal Prep | Chicken & Other Poultry | 202 | WW |
| Frozen Fish Sticks with Dill Tartar Sauce (Air Fryer) AF FM GF | Skinnytaste Meal Prep | Fish | 242 | WW |
| Greek Lemon Marinade DF FM GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 192 | WW |
| Honey-Soy Marinade DF FM GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 192 | WW |
| Indian-Inspired Shepherd's Pie FM GF | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 230 | WW |
| Instant Pot Cajun Red Beans and Rice (Instant Pot) DF FM GF PC | Skinnytaste Meal Prep | Meatless Main | 205 | WW |
| Instant Pot Chicken and Shrimp Gumbo (Instant Pot) DF FM GF PC | Skinnytaste Meal Prep | Chicken & Other Poultry | 206 | WW |
| Italian Marinade DF FM GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 192 | WW |
| Italian Stuffed Jalapeno Peppers FM GF | Skinnytaste Meal Prep | Chicken & Other Poultry | 218 | WW |
| Lentil Soup with Bacon DF FM GF | Skinnytaste Meal Prep | Soups & Chilis | 241 | WW |














| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|-------------------------|------|----|
| Low Country Boil Foil Packets DF FM GF Q | Skinnytaste Meal Prep | Seafood | 234 | WW |
| Maple-Dijon Soy Marinade DF FM GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 192 | WW |
| Moussaka Makeover FM GF | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 233 | WW |
| Pollo Guisado (Instant Pot) DF FM GF PC | Skinnytaste Meal Prep | Chicken & Other Poultry | 214 | WW |
| Shawarma Marinade DF FM GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 192 | WW |
| Sicilian Rice Ball (Arancini) Casserole FM GF | Skinnytaste Meal Prep | Chicken & Other Poultry | 226 | WW |
| Slow Cooker BBQ Brisket (Slow Cooker) DF FM GF SC | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 237 | WW |
| Slow Cooker White Bean Chicken Chili (Slow Cooker) DF FM GF PC SC | Skinnytaste Meal Prep | Soups & Chilis | 213 | WW |
| Sofrito Stuffed Cabbage Rolls DF FM GF | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 222 | WW |
| Southwest Salmon Burgers AF DF FM | Skinnytaste Meal Prep | Fish | 245 | WW |
| Turkey Cheeseburger Egg Rolls (Air Fryer) AF FM | Skinnytaste Meal Prep | Chicken & Other Poultry | 229 | WW |
| Turkey Taquitos FM GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 225 | WW |
| Winter Brisket and Barley Soup (Instant Pot) DF FM PC | Skinnytaste Meal Prep | Soups & Chilis | 238 | WW |

Freezer Favorites: Vegetarian














| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--------|----------|---------|------|----|
|--------|----------|---------|------|----|

| | | | | |
|---|-----------------------|----------------|-----|----|
| Baked Spinach Stuffed Shells FM V | Skinnytaste Meal Prep | Meatless Main | 170 | WW |
| Best Enchilada Sauce | Skinnytaste Meal Prep | Sauces | 185 | WW |
| Black Bean and Butternut Enchilada Bake FM GF V | Skinnytaste Meal Prep | Meatless Main | 185 | WW |
| Broccoli Grilled Cheese FM GF V | Skinnytaste Meal Prep | Meatless Main | 165 | WW |
| Carrot Tomato Ginger Soup DF FM GF V | Skinnytaste Meal Prep | Soups & Chilis | 169 | WW |
| Chickpea Spinach Tomato Curry DF FM GF Q V | Skinnytaste Meal Prep | Meatless Main | 173 | WW |
| Eggplant Parmesan FM GF V | Skinnytaste Meal Prep | Meatless Main | 174 | WW |
| Falafel Chickpea Burgers FM GF V | Skinnytaste Meal Prep | Meatless Main | 189 | WW |
| Ribollita Soup DF FM Q V | Skinnytaste Meal Prep | Soups & Chilis | 160 | WW |
| Roasted Vegetable Lasagna FM V | Skinnytaste Meal Prep | Meatless Main | 181 | WW |
| Slow Cooker Coconut Red Curry Butternut Soup (Slow Cooker) DF FM GF SC V | Skinnytaste Meal Prep | Soups & Chilis | 166 | WW |
| Tomato Basil Soup FM GF V | Skinnytaste Meal Prep | Soups & Chilis | 163 | WW |
| Torta Pasqualina (Spinach Pie) FM GF V | Skinnytaste Meal Prep | Meatless Main | 178 | WW |
| Zucchini Pupusas FM GF V | Skinnytaste Meal Prep | Meatless Main | 182 | WW |
| Zucchini Rollatini FM GF V | Skinnytaste Meal Prep | Meatless Main | 177 | WW |

Hearty Salads

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|-------------------------|------|--------------------|
| Cauliflower Tabbouleh Bowls with Chickpeas and Hummus  | Skinnytaste Meal Prep | Meatless Main | 82 | WW |
| Cold Soba Sesame Salad  | Skinnytaste Meal Prep | Salad | 85 | WW |
| Fiesta Quinoa Salad (Instant Pot)  | Skinnytaste Meal Prep | Salad | 89 | WW |
| Food Cart-Style Chicken Salad with White Sauce  | Skinnytaste Meal Prep | Chicken & Other Poultry | 69 | WW |
| Greek Chickpea Salad  | Skinnytaste Meal Prep | Salad | 78 | WW |
| Grilled Shrimp with Cucumber Chickpea Salad  | Skinnytaste Meal Prep | Salad | 73 | WW |
| Instant Pot Beet Salad with Citrus and Orange Ricotta (Instant Pot)  | Skinnytaste Meal Prep | Salad | 86 | WW |
| Ramen Salad Bowls with Grilled Chicken  | Skinnytaste Meal Prep | Chicken & Other Poultry | 66 | WW |
| Shrimp Salad with Dill  | Skinnytaste Meal Prep | Seafood | 74 | WW |
| Surf and Turf Salad with Gorgonzola and Bacon  | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 81 | WW |
| Taco Salad Meal Prep  | Skinnytaste Meal Prep | Salad | 70 | WW |
| Tuna and White Bean Salad  | Skinnytaste Meal Prep | Salad | 77 | WW |
| Vegan Hummus Kale Wraps  | Skinnytaste Meal Prep | Meatless Main | 90 | WW |





Mix & Match Bowls

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|--|-----------------------|-------------------------|------|--------------------|
| Banh Mi Turkey Meatball Rice Bowls  | Skinnytaste Meal Prep | Chicken & Other Poultry | 118 | WW |
| California Roll Bowls  | Skinnytaste Meal Prep | Meatless Main | 129 | WW |
| Chicken Larb Bowls  | Skinnytaste Meal Prep | Chicken & Other Poultry | 105 | WW |
| Chili-Lime Chicken and Black Bean Cauli-Bowls  | Skinnytaste Meal Prep | Chicken & Other Poultry | 110 | WW |
| Chimichurri  | Skinnytaste Meal Prep | Sauces | 101 | WW |
| Greek Chicken Pilaf Bowls  | Skinnytaste Meal Prep | Chicken & Other Poultry | 109 | WW |
| Juicy Italian Chicken Meatballs  | Skinnytaste Meal Prep | Chicken & Other Poultry | 102 | WW |
| Kofta Meatball Couscous Bowls  | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 122 | WW |
| Korean Beef and Rice Bowls  | Skinnytaste Meal Prep | Beef, Pork, & Lamb | 125 | WW |
| Pesto Chicken and Roasted Veggie Farro Bowls | Skinnytaste Meal Prep | Chicken & Other Poultry | 117 | WW |
| Pico de Gallo  | Skinnytaste Meal Prep | Sauces | 101 | WW |
| Roasted Cauliflower Shawarma Lettuce Wraps  | Skinnytaste Meal Prep | Meatless Main | 130 | WW |
| Roasted Veggie and Barley Buddha Bowl  | Skinnytaste Meal Prep | Meatless Main | 126 | WW |
| Roasted Winter Veggie Quinoa Bowls  | Skinnytaste Meal Prep | Meatless Main | 134 | WW |

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|---|-----------------------|-------------------------|------|----|
| Sheet Pan Mediterranean Chicken and Veggies GF | Skinnytaste Meal Prep | Chicken & Other Poultry | 113 | WW |
| Slow Cooker Chicken Enchilada Rice Bowls (Slow Cooker) GF SC | Skinnytaste Meal Prep | Chicken & Other Poultry | 106 | WW |
| Smashed Broccoli Pecorino Farro Bowls Q V | Skinnytaste Meal Prep | Meatless Main | 133 | WW |
| Spicy Peanut-Hoisin Sauce DF GF Q V | Skinnytaste Meal Prep | Sauces | 101 | WW |
| Spinach Arugula Pesto GF Q V | Skinnytaste Meal Prep | Sauces | 101 | WW |
| Stuffed Chicken Parmesan and Asparagus FM GF Q | Skinnytaste Meal Prep | Chicken & Other Poultry | 114 | WW |
| Thai Shrimp Cakes with Cucumber Salad DF GF Q | Skinnytaste Meal Prep | Salad | 121 | WW |

Smart Snacks

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|---|-----------------------|---------------------|------|----|
| Air-Popped Popcorn with Sea Salt DF GF Q V | Skinnytaste Meal Prep | Appetizers & Snacks | 149 | WW |
| BBQ Roasted Green Peas DF GF V | Skinnytaste Meal Prep | Appetizers & Snacks | 146 | WW |
| Buffalo Chicken-Stuffed Celery Sticks GF Q | Skinnytaste Meal Prep | Appetizers & Snacks | 141 | WW |
| California Tuna Salad Stuffed Cucumber DF GF Q | Skinnytaste Meal Prep | Appetizers & Snacks | 142 | WW |
| Deviled Eggs with Lox GF Q | Skinnytaste Meal Prep | Appetizers & Snacks | 138 | WW |
| DIY Protein Bistro Snack Boxes GF Q V | Skinnytaste Meal Prep | Appetizers & Snacks | 154 | WW |

| RECIPE | COOKBOOK | CHAPTER | PAGE | WW |
|---|-----------------------|---------------------|------|--------------------|
| "Everything" Nuts  | Skinnytaste Meal Prep | Appetizers & Snacks | 150 | WW |
| PB + J Healthy Oatmeal Cookies  | Skinnytaste Meal Prep | Appetizers & Snacks | 153 | WW |
| Pumpkin Hummus  | Skinnytaste Meal Prep | Appetizers & Snacks | 157 | WW |
| Zucchini Chips  | Skinnytaste Meal Prep | Appetizers & Snacks | 145 | WW |