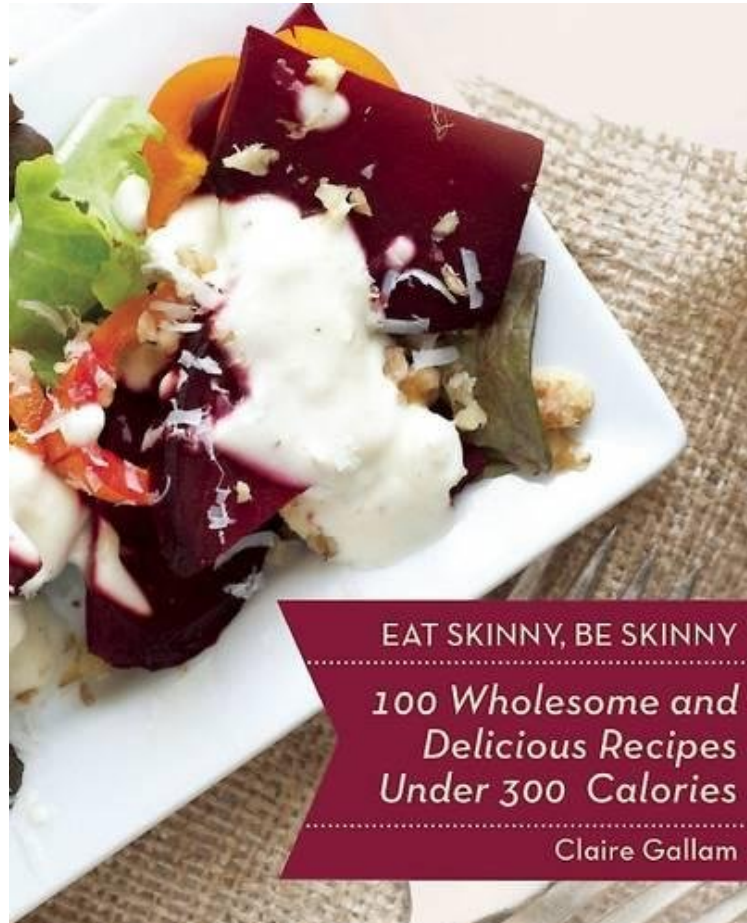


(Get free) Eat Skinny, Be Skinny: 100 Wholesome and Delicious Recipes Under 300 Calories

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

Claire Gallam

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Claire Gallam : Eat Skinny, Be Skinny: 100 Wholesome and Delicious Recipes Under 300 Calories before purchasing it in order to gauge whether or not it would be worth my time, and all praised Eat Skinny, Be Skinny: 100 Wholesome and Delicious Recipes Under 300 Calories:

0 of 0 people found the following review helpful. Good stuff here ... Solid, doable lower-calorie recipes ...By L. MountfordThe title is a tad misleading as quite a few recipes are OVER 300 calories not by much, but still More accurate would be 100 Wholesome and Delicious Recipes at around 300 Calories, thereabouts That said, these appear to be workable recipes using mostly readily-available ingredients that can be found in most supermarkets. There is a photo of every dish, too.The primary take-away I got from this book is that limiting calories doesn't mean you have to limit flavor or totally avoid foods you like. By making careful choices and swapping out some specific ingredients, you can get the flavors you love and still get a lower calorie hit.My usual practice with any new cookbook is to make three recipes to check for clarity, ease of preparation, and, most important, taste. Here are the three I made from this

book:1. Pumpkin Spice Biscuits I love making biscuits. I was taught by my Oklahoma-born mother when I was about 8 yrs old how to make flaky country style biscuits, and Ive been hooked ever since. These Pumpkin Spice Biscuits are a nice variation on the theme, loaded with pumpkin, spices, a little honey and brown sugar perfect accompaniment to a country breakfast of ham and eggs. The recipe makes a dozen biscuits at 115.7 calories each, so if youre watching calories, one is all youll probably want to eat as a side to a protein-rich breakfast. This is a solid recipe, one that Ill make again for sure.2. Tequila Marinated Steak with Chunky Salsa I had a couple of limes, a cucumber, plum tomatoes, and a bunch of cilantro in my last CSA delivery, so this seemed the perfect recipe to try. Flank steak (1.5 lbs, cut into 4 pieces) marinated in a combination of tequila, soy sauce, cilantro, jalapeo, sweet peppers and Mexican seasoning I marinated mine overnight then grilled just to medium rare, and topped with a salsa of cucumber, tomato, avocado, lime juice and cilantro. Excellent flavor! The key is dont rush the marinade process. I used a zip lock plastic bag, mixed up the marinade and got it and the steak into the bag the evening before I wanted to cook this. By noon the next day, it was perfect! This one boasts a calorie count of only 262 calories, so a very light hit for a dinner entree. I added some baked sweet potato fries and a dessert of fresh berries served with angel food cake. This one works for casual dinner as well as company fare. Good stuff!3. Cheesy Brussels Sprouts Gratin OK, Im a sucker for Brussels sprouts. I started collecting Brussels sprouts recipes when I was a teenager, and at one time in my life, I lived across the highway from a Brussels sprouts farm. It was heaven except for the few weeks in October after the farmers had plowed under the remains of the Brussels sprouts plants, and the noxious smell of rotting cabbage would waft over our peaceful coastside abode. But the ability to get fresh Brussels sprouts on the stalk at a roadside stand more than outweighed the annual olfactory ordeal. This is just the kind of recipe I like taking the humble Brussels sprout and elevating it to a more sophisticated substantial level by the addition of onion, garlic, cheese, and breadcrumbs. At 300 calories per serving, its no slouch, but served alongside a perfectly roasted chicken breast or lean pork chop, its a workable side dish from a calorie standpoint. Definitely will make this one again. Theres a recipe in the book for Brussels sprout sausage soup that sounds amazing its on my list to try as soon as I can get fresh Brussels sprouts again. I already have everything else needed (the chicken sausage and rotisserie chicken are in the freezer, and I always have celery, onion, and carrots on hand) stay tuned! Overall, this is a decent collection of recipes that provide good flavor at around 300 calories per serving (some slightly more, many slightly less). The only section that didnt wow me was the To Die For Desserts I didnt see anything there that immediately struck my fancy. I have a number of recipes that I use for more diet-friendly sweet endings, so I likely wont be using these. But there are a lot of good choices here for a variety of palates and diets including vegetarian. Solid 4 stars I like it! 6 of 6 people found the following review helpful. A usable cookbook By EL Behr A 300-calorie side dish is not what I was looking for, but the recipes are well written and the results are good - even on the first try. 0 of 0 people found the following review helpful. Good buy By A. Hendon I liked that there was a color photo of every recipe completed. Lots of tips. Personable writing. Nice book. Easy recipes.

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 doesnt 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. Weve 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.

About the Author Claire Gallam is an aspiring chef, full-time food writer, recipe developer, food photographer and stylist. She is also the creator of the blog The Realistic Nutritionist. Shes appeared on the Dr. Oz show and has had her recipes published on Bon Appetit, Babble, Gourmet Live, Foodista, Food Gawker, Tastespotting, and The Tasty Kitchen. Shes worked with top kitchen brands like KitchenAid, Cuisinart, Wusthof, Weight Watchers, Subway, and Analon Cookware. In addition to cookbook writing, shes also passionate about travel and social awareness. She plans

to attend culinary school at Le Cordon Bleu in Paris.