

Read Skinny-Size It: 101 Recipes That Will Fill You Up and Slim You Down by Molly Morgan eBook or Kindle ePUB

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Synopsis Books:

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Tired 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 fat

Skinny-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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