



# **Skinny Meals: 50 Family-Friendly Recipes Under 300 Calories**

*Samantha Brown*

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When you need fast, healthy, low-calorie meals that the whole family will enjoy, this cookbook has your back.

Recipes include:

Creamy Lobster Bisque Soup  
Savory Cream of Spinach Soup  
Baked Mini Pumpkins  
Homestyle Green Beans  
Vegetarian Sloppy Joes  
Cheese & Veggie Stuffed Peppers  
Black Beans & Rice  
Chicken Salsa Soup  
Grilled Asparagus  
Sautéed Squash & Zucchini  
Garlic Green Beans  
Cheesy Spicy Broccoli  
Low-Cal Strawberry Jam  
Jalapeno Trout  
Hoppy Lobster Tails  
Spinach Stuffed Flounder  
Spicy Chicken Soup  
Lemon Pepper Zucchini  
Honey Glazed Peas & Carrots  
Indian Pumpkin Soup  
Chinese Shrimp & Asparagus  
Sautéed Mushrooms & Spinach  
Classic Chicken Noodle Soup  
Chinese Snow Peas & Mushrooms  
Grilled Baked Potatoes  
Parmesan-Crusted Asparagus  
World's Easiest Banana Muffins  
Tangy Cucumbers & Tomatoes  
Lemon-Kissed Chicken  
Sweet Fried Plantains  
Shrimp & Asparagus Pasta  
Honey Nut Chicken  
Red Wine Sauce Over Sirloin  
Tomatillo Chicken Chili  
Feta, Bean & Peppers Salad  
Veggie Mashed Potatoes  
Grandma's Homemade Applesauce  
Greek Spaghetti Squash

Veggie Pizza Sticks  
Cheesy Squash Lasagna  
Vegetable Garden Lasagna  
Zucchini Rice Casserole  
Texas Pizza  
Shrimp & Spinach Pizza  
Mexi-Kiwi Tostadas  
Lemon Pepper Chicken  
Jalapeno Cornbread

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