


Healthy Make-Ahead  
Meals and Freezer Recipes  
to Simplify Your Life

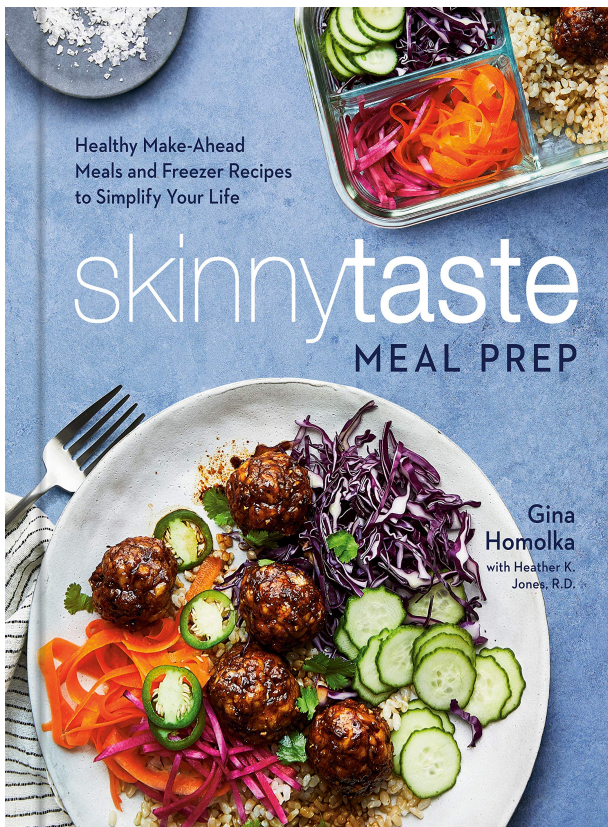
# skinnytaste

## MEAL PREP



**Gina  
Homolka**  
with Heather K.  
Jones, R.D.





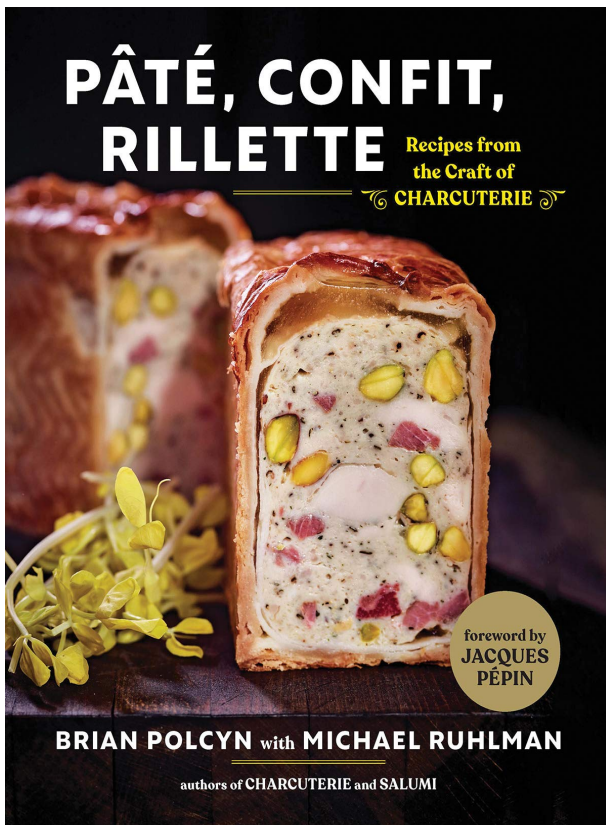
## **Skinnytaste Meal Prep: Healthy Make-Ahead Meals and Freezer Recipes to Simplify Your Life: A Cookbook**

### **Book Synopsis**

Save time, money, and calories with #1 New York Times bestselling author Gina Homolka's simple, smart solutions for healthy freezer meals, ready-to-serve dishes, grab-and-go breakfasts and lunches, ingenious planned-overs, and more. Whether you're looking to lose weight or just eat a little healthier, meal prepping and cooking in advance helps you stay on track with your diet, saves time on busy weeknights, and is great for your budget. Skinnytaste Meal Prep delivers more than 120 healthy, diverse recipes that turn simple, easy-to-find ingredients into flavor-packed meals and snacks you'll have ready at your fingertips for the week ahead and beyond. Gina utilizes a number of brilliant time-saving strategies, including recipes to prep ahead so they can go straight from the freezer (your

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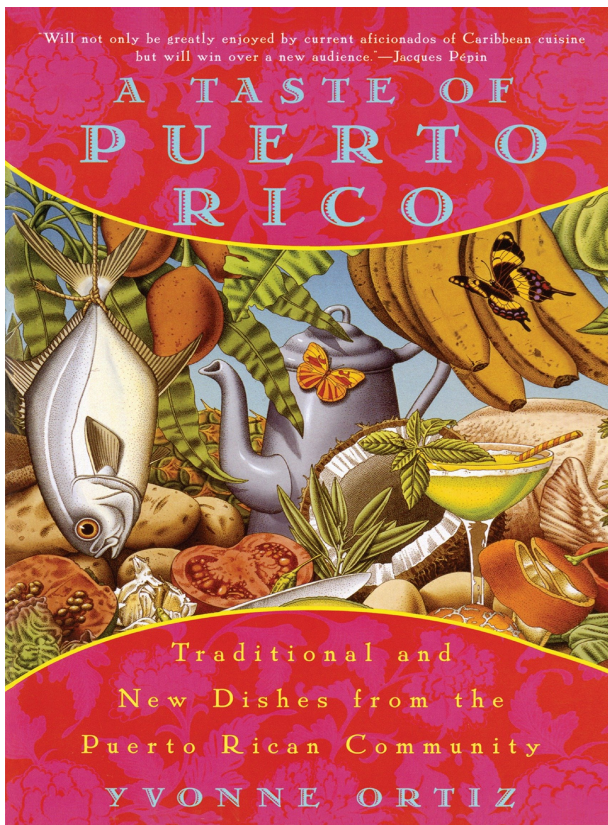
## Pâté, Confit, Rilette: Recipes from the Craft of Charcuterie

### Book Synopsis

In *Pâté, Confit, Rilette*, Brian Polcyn and Michael Ruhlman provide a comprehensive guide to the most elegant and accessible branch of the charcuterie tradition. There is arguably nothing richer and more flavorful than a slice of pâté de foie gras, especially when it's spread onto crusty bread. Anyone lucky enough to have been treated to a duck confit, poached and preserved in its own fat, or a pâté en croûte, knows they're impossible to resist. And yet, pâtés, confits, rillettes, and similar dishes featured in this book were developed in the pursuit of frugality. Butchers who didn't want to waste a single piece of the animals they slaughtered could use these dishes to serve and preserve them. In so doing, they founded a tradition of culinary alchemy that transformed lowly cuts of meat

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## **A Taste of Puerto Rico: Traditional and New Dishes from the Puerto Rican Community**

### **Book Synopsis**

Yellow rice, papayas, guavas, pina coladas, adobo, cilantro, and recaito - color, spirit, and sun-splashed flavor identify the national cuisine of Puerto Rico. A Taste of Puerto Rico is the first major cookbook in years to celebrate the vibrant foods of Puerto Rico, from hearty classics to today's new, light creations. Culinary professional Yvonne Ortiz captures the very best of island cooking in 200 recipes for every course. Adapted for the modern kitchen but completely authentic, these wonderful dishes, bursting with tropical tastes, bring a rich and diverse culinary heritage to your table.

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