



# **The Skinny 30 Minute Meals Recipe Book: Great Food, Easy Recipes, Prepared & Cooked In 30 Minutes Or Less. All Under 300, 400 & 500 Calories**

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**#1 Best Selling Amazon Author**

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Great Food, Easy Recipes, Prepared & Cooked In 30 Minutes Or Less. All Under 300, 400 & 500 Calories**

Skinny 30 Minute Meals are perfect for those days when time is not on your side but you still want a delicious, no fuss, low calorie dinner prepared and cooked in under 30 minutes.

**Whether you are short of time or perhaps are not experienced in the kitchen and looking for quick and easy recipes, you'll love these simple and speedy suppers. Perfect for those weekday nights when there just aren't enough hours in the day.**

What's really great about our skinny 30 minute meals is their simplicity. Each recipe has been carefully created to suit any cook. Our skinny recipes cut out unnecessary ingredients without compromising on flavour so even the novice chef can create a great tasting weekday supper under 300, 400 or 500 calories.

Our speedy techniques and simple fresh ingredients fast track your meal times. It's the go-to cookbook for busy people who want to create effortless, tasty meals while still keeping track of calories...all in 30 minutes or less.

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