



# The Skinnygirl Dish: Easy Recipes for Your Naturally Thin Life

*Bethenny Frankel*

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## **The Skinnygirl Dish: Easy Recipes for Your Naturally Thin Life** Bethenny Frankel

In *The Skinnygirl Dish*, four-time *New York Times* bestselling author Bethenny Frankel builds on the foundation of healthy living from her bestseller, *Naturally Thin* to share her passion for healthful, natural foods.

In the *New York Times* bestseller *The Skinnygirl Dish*, Bethenny Frankel adds additional healthy eating advice to the foundation she created with her hugely popular book, *Naturally Thin*. In *The Skinnygirl Dish* she shows how to find your food voice, know when you are really hungry, and which filling and fiber-rich foods to reach for.

*The Skinnygirl Dish* serves up three weeks of tasty meals, snacks, and drinks to break the cycle of yo-yo dieting. Drawing on her now famous rules like “Your Diet is a Bank Account” and “Taste Everything, Eat Nothing,” Bethenny caters to real lifestyles and shows how to maintain a healthy diet wherever you are: in a restaurant, on a plane, or with your family. With recipes and advice for holidays and special occasions and a guide to a healthful kitchen—all with Bethenny’s fun, informative personality—here’s another breakout hit from everyone’s favorite fixologist.

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