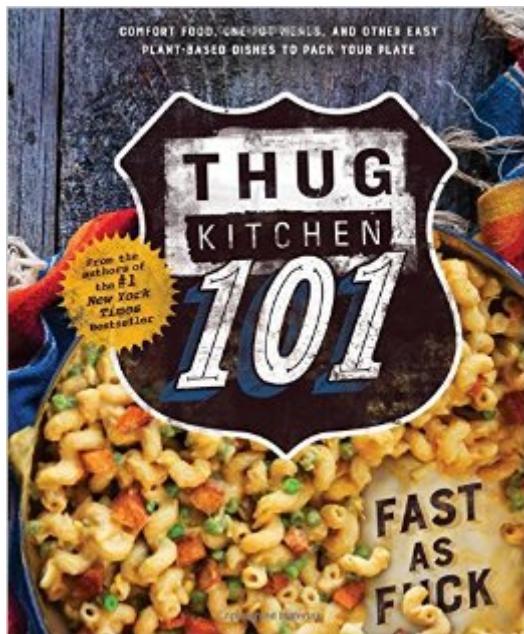


The book was found

Thug Kitchen 101: Fast As F*ck



Synopsis

The creators of the New York Times bestselling cookbook series *Thug Kitchen* are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. *Thug Kitchen 101* includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the f*ck you're cooking. This kickass kitchen primer also serves up health benefits and nutrition to remind everyone, from clueless newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and pocketbooks.

THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? *Thug Kitchen*'s here to fix that sh*t: All recipes in *TK 101* are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumble home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy bullsh*t. Just delicious, healthy, homemade food for all the full-time hustlers out there.

"*Thug Kitchen* backs up its bluster with good, solid recipes." • *New York Times* "Funny, self-aware, and full of delicious-looking recipes that I want to make right this second." •

Epicurious.com "F*cking delicious." • *Popsugar.com*

Book Information

Hardcover: 240 pages

Publisher: Rodale Books (October 11, 2016)

Language: English

ISBN-10: 1623366348

ISBN-13: 978-1623366346

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Best Sellers Rank: #250 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #5 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

[Download to continue reading...](#)

Thug Kitchen 101: Fast as F*ck Thug Kitchen: The Official Cookbook: Eat Like You Give a F*ck
Thug Kitchen Party Grub: For Social Motherf*ckers Inside A Thug's Heart Thug Notes: A Street-Smart Guide to Classic Literature The Nutri Ninja Master Prep Blender Whole Food Cookbook: 101 Delicious Soups, Spreads, Entrees, Desserts & Cocktails For Your Ninja Pro,

Kitchen ... Ninja Kitchen System Cookbooks) (Volume 2) 101 Facts... Stan Lee: 101 Facts About Stan Lee You Probably Never Knew (facts 101 Book 7) 50 Fast Dreamweaver MX Techniques (50 Fast Techniques Series) Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef) Low salt. Low salt cooking. Low salt recipes.: Saltless: Fresh, Fast, Easy. (Saltless: NEW fresh, fast, easy low salt, low sodium cookbook) (Volume 2) Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized) The Fast Forward MBA in Project Management (Fast Forward MBA Series) Lightning Fast Piano Scales: A Proven Method to Get Fast Piano Scales in 5 Minutes a Day (Piano Lessons, Piano Exercises) Fast Food, Fast Talk: Service Work and the Routinization of Everyday Life HOW TO GET MONEY FAST: CASH BLITZ HOW TO MAKE SOME CASH WITHIN A COUPLE OF HOURS, TODAY, NOW: (make money,easy cash, fast cash,selling,sell,goods,facebook) Learn Japanese the Fast and Fun Way (Fast and Fun Way Series) Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker Rice Cooker Meals: Fast Home Cooking for Busy People: How to feed a family of four quickly and easily for under \$10 (with leftovers!) and have less ... up so you'll be out of the kitchen quicker! The Hell's Kitchen Cookbook: Recipes from the Kitchen Depression Era Dime Store Kitchen Home (Kitchen, Home and Garden)

[Dmca](#)