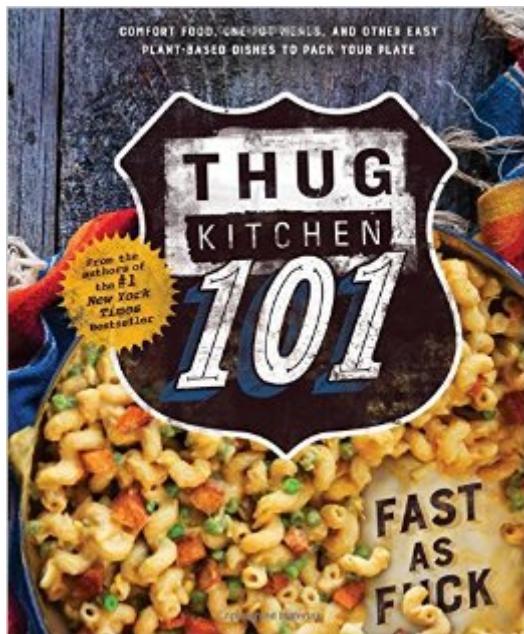


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# Thug Kitchen 101: Fast As F\*ck



## 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

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Thug Kitchen 101: Fast as F\*ck 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) 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) 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) 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) Katie Chin's Everyday Chinese Cookbook: 101 Delicious Recipes from My Mother's Kitchen Astrology 101: From Sun Signs to Moon Signs, Your Guide to Astrology (Adams 101) Spanish: Verbs Fast Track Learning: The 100 Most Used Spanish Verbs with 3600 Phrase Examples: Past, Present and Future Learn Spanish Fast: Become Fluent in Spanish, Increase Desire to Learn and Develop a Positive Attitude with Hypnosis and Meditation My Weird School Fast Facts: Geography My Weird School Fast Facts: Sports Fast Break Programming Phoenix: Productive |> Reliable |> Fast Perl Programming Success in a Day: Beginners Guide to Fast, Easy, and Efficient Learning of Perl Programming Prolog Programming Success in a Day: Beginner's Guide to Fast, Easy, and Efficient Learning of Prolog Programming Serverless Single Page Apps: Fast, Scalable, and Available 100 Days of Real Food: Fast & Fabulous: The Easy and Delicious Way to Cut Out Processed Food The Instant Pot® Electric Pressure Cooker Cookbook: Easy Recipes for Fast & Healthy Meals Skinnytaste Fast and Slow: Knockout Quick-Fix and Slow Cooker Recipes Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner)

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