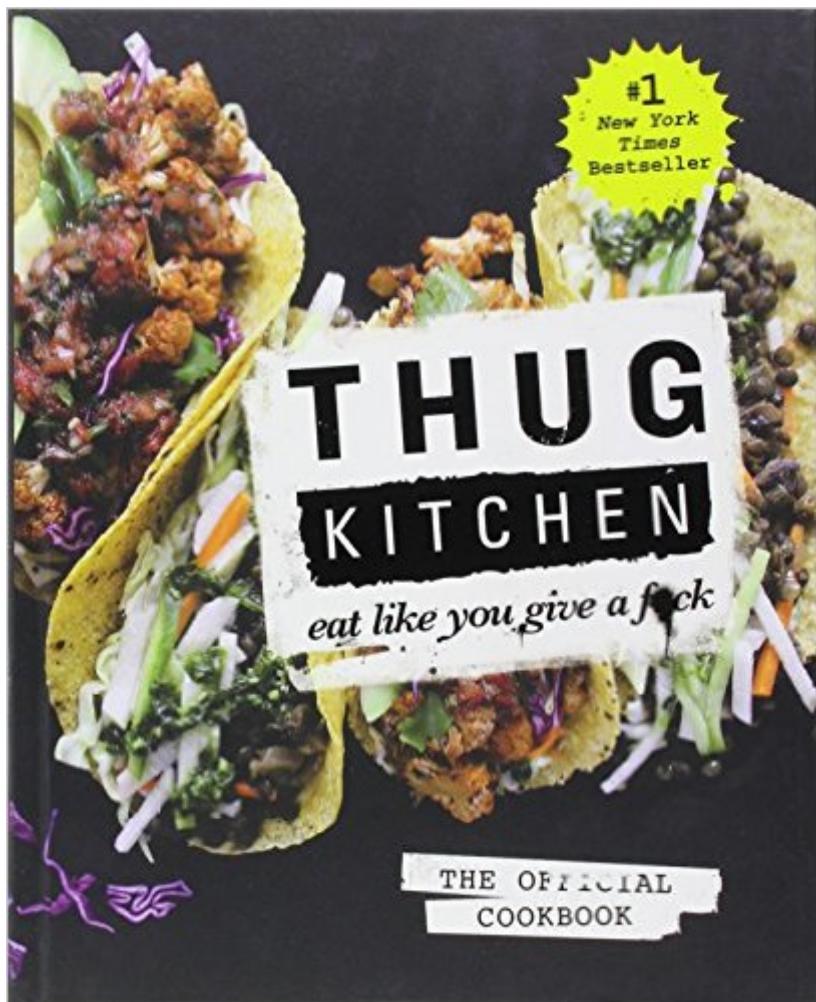


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# Thug Kitchen: The Official Cookbook: Eat Like You Give A F\*ck



## Synopsis

#1Â New York TimesÂ Bestseller,Â first in the bestselling series Thug Kitchen started their wildly popular website to inspire people to eat some goddamn vegetables and adopt a healthier lifestyle. Beloved by Gwyneth Paltrow (This might be my favorite thing ever) and with half a million Facebook fans and counting, Thug Kitchen wants to show everyone how to take charge of their plates and cook up some real f\*cking food. Yeah, plenty of blogs and cookbooks preach about how to eat more kale, why ginger fights inflammation, and how to cook with microgreens and nettles. But they are dull or pretentious as hell -and most people can't afford the hype. Thug Kitchen lives in the real world. In their first cookbook, they're throwing down more than 100 recipes for their best-loved meals, snacks and sides for beginning cooks to homechefs. (Roasted Beer and Lime Cauliflower Tacos? Pumpkin Chili? Grilled Peach Salsa? Believe that sh\*t.) Plus they're going to arm you with all the info and techniques you need to shop on a budget and go and kick a bunch of ass on your own. This book is an invitation to everyone who wants to do better to elevate their kitchen game. No more ketchup and pizza counting as vegetables. No more drive-thru lines. No more avoiding the produce corner of the supermarket. Sh\*t is about to get real. Can't get enough? Check out the bestselling follow-up Thug Kitchen: Party Grub

## Book Information

Hardcover: 240 pages

Publisher: Rodale Books; First Edition edition (October 7, 2014)

Language: English

ISBN-10: 1623363586

ISBN-13: 978-1623363581

Product Dimensions: 7.7 x 1 x 9.4 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (3,500 customer reviews)

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