

[PDF] Thug Kitchen: The Official Cookbook: Eat Like You Give A F*ck

Thug Kitchen LLC - pdf download free book



Books Details:

Title: Thug Kitchen: The Official Co

Author: Thug Kitchen LLC

Released: 2014-10-07

Language:

Pages: 240

ISBN: 1623363586

ISBN13: 9781623363581

ASIN: 1623363586

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

#1 New York Times Bestseller, first in the bestselling series

Thug Kitchen started their wildly popular website to inspire people to eatsome goddamn vegetables and adopt a healthier lifestyle. Beloved byGwyneth 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, whyginger fights inflammation, and how to cook with microgreens andnettles. 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**

- Title: Thug Kitchen: The Official Cookbook: Eat Like You Give a F*ck
 - Author: Thug Kitchen LLC
 - Released: 2014-10-07
 - Language:
 - Pages: 240
 - ISBN: 1623363586
 - ISBN13: 9781623363581
 - ASIN: 1623363586
-