

**Thug Kitchen 101: Fast as F\*ck** A kickass kitchen primer full of healthy, plant-based recipes that you can whip up any night of the week. The creators of the New York Times bestselling cookbook series Thug Kitchen are back to give you a crash course to help you to take the leap into healthy eating, starting with their signature fresh, California-inspired food. Thug Kitchen 101 includes more than 100 easy, accessible recipes to give you a solid start toward a better diet like sweet potato al pastor tacos, firecracker salad, chickpea and green chili soup, and no-bake cookies. And it serves up food facts along with helpful tips and tricks so you'll feel confident knowing exactly what the f\*ck you're making. All recipes in TK 101 are guaranteed to be quicker than take out, so you can cook some tasty meals with simple ingredients regardless of when you stumble home from work. No excuses. It's delicious, healthy, homemade food for all the full-time hustlers out there. "Thug Kitchen backs up its bluster with good, solid recipes." -The 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 ...more Thug Kitchen 101: Fast as F\*ck PDF ebook

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