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Thug Kitchen started their wildly popular web site 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 named Saveur's Best New Food blog of 2013—with half

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Eat like a champ, not like a chump. Hardcover: 240 pages
Publisher: Sphere (23 Oct. 2014)
Reviews Seriously good recipes (Guardian) About the Authors

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Thug Kitchen blew up the Internet back in 2012, when they first began blogging. Their first cookbook was a #1 New York Times bestseller. They are based in Los Angeles, CA.

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*a F*ck - TheVeganKind ...*

Thug Kitchen: Original Title: Thug Kitchen: The Official Cookbook: Eat Like You Give a F*ck: Book Format: Hardcover: Number Of Pages: 240 pages: First Published in: September 30th 2014: Latest Edition: October 7th 2014: ISBN

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Number: 9781623363581:

Language: English: Awards:

Goodreads Choice Award

Nominee for Food & Cookbooks
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Thug Kitchen: Eat like you give a F**k. Thug Kitchen began their wildly famous website to inspire and encourage people to consume and eat healthy God-given vegetables and live a healthier lifestyle. This book is beloved by vegans, even

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celebrities like Gwyneth Paltrow and together Facebook fans over half a million and counting.

*Vegan Cookbook - Thug Kitchen - Eat Like You Give a F**k*

This book delivers more than 100 recipes of Thug Kitchen's favorite

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meals, snacks, and sides for beginning cooks to home chefs. Roasted Beer and Lime Cauliflower Tacos? Pumpkin Chili? Grilled Peach Salsa? You bet your sweet ass. Plus Thug Kitchen arms you with all the info and techniques you need to shop on a

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TK1: The Official Cookbook | Bad Manners

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Thug Kitchen proves that you can eat healthy and still kill it in the kitchen. 'Dear reader, I love Thug Kitchen's cooking. . . . I really like their passion for eating the right food, for cutting to the chase, and for knocking up good, nutritious

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food from scratch. . . . So, Thug Kitchen, good luck, and keep doing what you're doing.'

Thug Kitchen: The Official Cookbook: Eat Like You Give a F

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Thug Kitchen was a counterpoint

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to the dominant food media landscape of that time: florid, verbose, and upper crust. It was also intended as a “fucking wake-up call” to those adults out there who hadn’t learned to cook healthy food yet and were still subsisting on a college student’s

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Thug Kitchen announces plans to no longer be Thug Kitchen

Talk to your doctor today and see if the Thug Kitchen Cookbook is right for you... you'll be fucking glad you did. Get your copy of the

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New York Times bestse...

Thug Kitchen Cookbook Trailer (explicit) - YouTube

Praise For Thug Kitchen: The Official Cookbook: Eat Like You Give a F*ck (Thug Kitchen Cookbooks)... "Dear reader, I love

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Thug Kitchen's cooking. As hilariously foul-mouthed as these motherf*ckers are, I really like their passion for eating the right food, for cutting to the chase, and for knocking up good, nutritious food from scratch.

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Thug Kitchen: The Official Cookbook: Eat Like You Give a F

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lcorbi on November 29, 2017 .
Really delicious, with modifications. Like others have noted, the beer blanch seemed completely unnecessary, so I

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skipped it and instead mixed the lime juice, soy sauce and hot sauce in with the spice blend, and tossed it all together before roasting.

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Matt Holloway and Michelle Davis are the duo behind the vegan blog Thug Kitchen. With the tag line "Eat like you give a f*ck," they won't ask you nicely to eat your veggies. Instead, they use...

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Thug Kitchen's Vegan Cauliflower Tacos Recipe | POPSUGAR Food

Thug Kitchen started their wildly popular website to inspire people to eat some Goddamn vegetables and adopt a healthier lifestyle.

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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.

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