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inspire people to eat some goddamn vegetables and adopt a healthier lifestyle.

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Beloved by Gwyneth Paltrow ("This might be my favorite thing ever") and named

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Thug Kitchen: Original  
Title: Thug Kitchen: The  
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Pages: 240 pages: First  
Published in: September 30th  
2014: Latest Edition:



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October 7th 2014: ISBN

Number: 9781623363581:

Language: English: Awards:

Goodreads Choice Award

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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

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vegetables and live a healthier lifestyle. This book is beloved by vegans, even celebrities like Gwyneth Paltrow and together Facebook fans over half a million and counting.

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

This book delivers more than 100 recipes of Thug Kitchen's favorite meals, snacks, and sides for beginning cooks to home

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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 budget and eat like you give a

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fuck.

*TK1: The Official Cookbook /  
Bad Manners*

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'Dear reader, I love Thug Kitchen's cooking. . . . I really like their passion for eating the right food, for cutting to the chase,

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

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*a F . . .*

Thug Kitchen was a counterpoint 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

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there who hadn't learned to cook healthy food yet and were still subsisting on a college student's diet.

*Thug Kitchen announces plans to no longer be Thug Kitchen*  
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and see if the Thug Kitchen Cookbook is right for you... you'll be fucking glad you did. Get your copy of the New York Times bestse...

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Praise For Thug Kitchen: The Official Cookbook: Eat Like You Give a F\*ck (Thug Kitchen Cookbooks)... “Dear reader, I love Thug Kitchen's cooking. As hilariously foul-mouthed as these motherf\*ckers are, I

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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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*Cookbook: Eat Like You Give a F ...*

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

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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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*a F . . .*

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



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use...

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Cauliflower Tacos Recipe |  
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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

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charge of their plates and cook up some real f\*cking food.

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