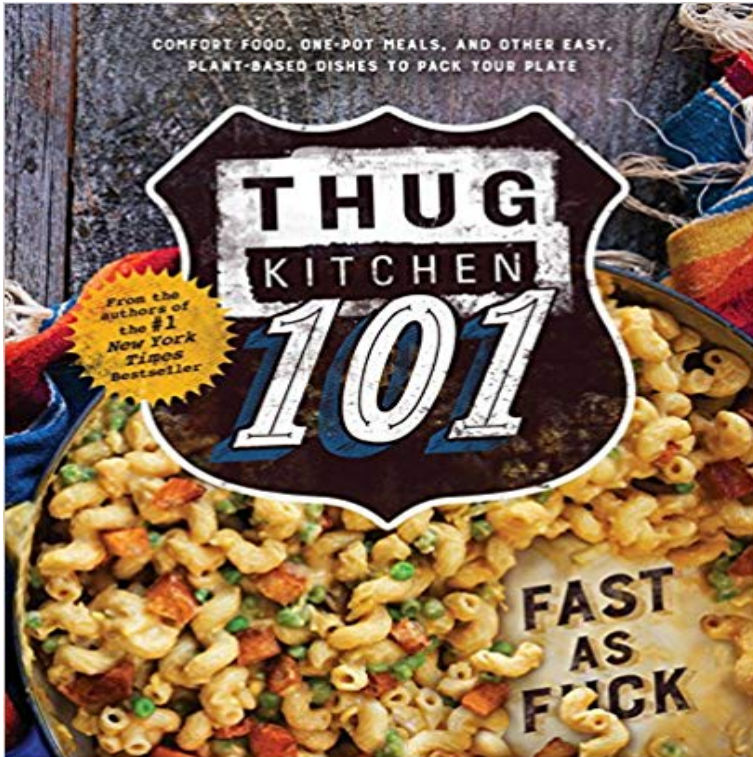


# Thug Kitchen 101: Comfort Food, One-Pot Meals, and Other Easy Plant-Based Dishes to Pack Your Plate



Creators of the New York Times bestselling cookbook series, Thug Kitchen are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. Thug Kitchen 101 includes more than 100 easy and accessible recipes to give you a solid start towards a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the fuck you're cooking. This kickass kitchen primer also serves up health benefits and nutrition to remind everyone, from curious newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and our pocketbooks. THATS RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? Thug Kitchens here to fix that shit: all recipes in TK 101 are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumble home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy bullshit. Just delicious, healthy, homemade food for all the full-time hustlers out there.

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