

## Thug Kitchen 101 Fast As F\*ck

by THUG KITCHEN

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The 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 toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the f\*ck you're cooking. This kickass kitchen primer also serves up health benefits and nutrition to remind everyone, from clueless newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment and wallets. THAT'S RIGHT. EAT GREEN, SAVE GREEN.



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