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The Thug Kitchen crew takes the guesswork out of getting your shit together in the kitchen with weekly, monthly and day-by-day meal guides. You'll learn how to whip up fast, simple recipes on a schedule and also plan for the future by cooking large batches of staple foods like black beans and grains.

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TK3: 101 . THAT'S. RIGHT. BITCHES. We're back and fresher than ever with another instant New York Times Bestseller, TK 101: FAST AS FUCK. And being our third book, y ' all know it ' s putting the ' ill ' in ' trilogy. ' We ' ve crafted OVER 100 BRAND-SPANKIN-NEW RECIPES to show your lazy ass that cooking at home is cheaper, healthier, and an essential part of being a goddamn grown-up. This ...

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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.

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To prove just how easy it is to Netflix and chill and cook something healthy, Thug Kitchen 101 rounds up ridiculously tasty recipes that take minimal time to make. As in, you can have dinner on the...

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Enchiladas are really just wet burrito casserole. A classic recipe from our first cookbook and reader fav. This shit is simple, filling, and makes for killer leftovers.

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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 ...

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From Thug Kitchen 101: Fast as F*ck. Notes. One-pot meals are where it 's at. Fast, easy, and, best of all, minimal dishes. Especially if you eat straight out of the pot you cooked everything in ...

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[One-Pot Chickpea Biryani | Thug Kitchen | POPSUGAR Food](#)

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Recipe by Thug Kitchen 101: Fast as F*ck Recipe and image supplied by Thug Kitchen 101: Fast as F*ck by Michelle Davis and Matt Holloway. Cook time: 35 minutes Skill level: Basic Print this recipe (3) Read

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reviews. Servings: Serves 4-6 people Ingredients. For the veggies. 2 tbsp Coconut Oil 1 Large Onion, halved 650g (2 cups) Cauliflower, chopped 180g (1 cup) Green Beans, chopped 1 Carrots ...

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