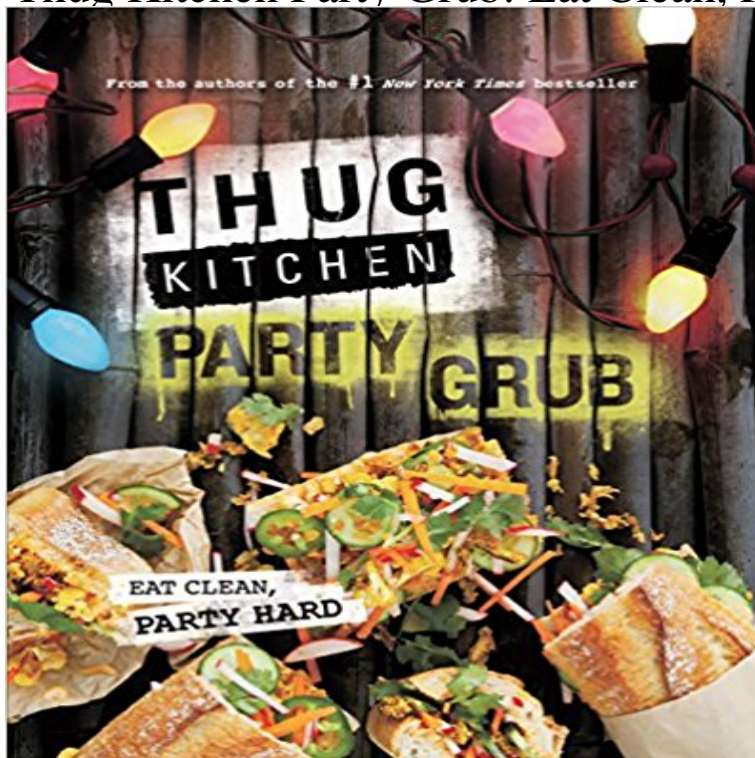


Thug Kitchen Party Grub: Eat Clean, Party Hard



Question: How the hell are you supposed to eat healthily when you hang around with a bunch of a***holes who dont care what they shove in their faces? Answer: You make a kick-ass plant-based dish from Thug Kitchen Party Grub. Featuring over 100 recipes for parties of any kind; from appetizers like Deviled Chickpea Bites to main events like Mexican Lasagna, Party Grub is here to make sure you are equipped with dishes to bring the flavour without the side of fat, calories, and guilt. Also included are cocktail recipes, because sometimes these parties need a pick-me-up of the liquid variety. Thug Kitchen was an instant internet phenomenon when they launched their foul-mouthed site in 2012 and their book has been a fixture on the New York Times bestseller list since the week it was published. Their fans cant get enough of their give no f*cks attitude and delicious recipes. And we say give the people what they want: exciting healthy, vegan food with easy-to-follow directions and damn entertaining commentary.

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