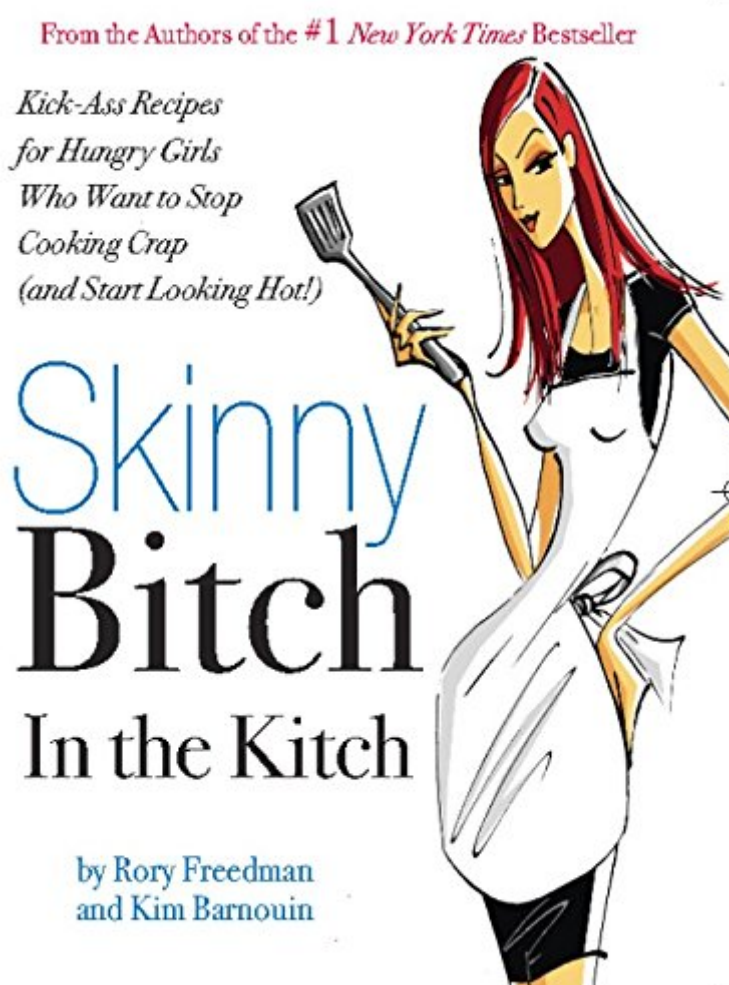


The book was found

Skinny Bitch In The Kitch: Kick-Ass Solutions For Hungry Girls Who Want To Stop Cooking Crap (and Start Looking Hot!)



Synopsis

Quit your bitching-theyâ™ve heard you already! You read Skinny Bitch and it totally rocked your world. Now you want to know, âœWhat can I cook thatâ™s good for me, but doesnâ™t taste like crap?â • Well, lucky for you, the Bitches are on the case. Self-proclaimed pigs, Rory and Kim understand all too well: Life without lasagna isnâ™t a life worth living; chocolate cake is vital to our survival; and no one can live without mac â^n cheese-no one. So can you keep to your SB standards and eat like a whale? Shit yeah, bitches. To prove it, Rory and Kim came up with some kick-ass recipes for every craving there is: Bitchinâ™ Breakfasts PMS (Pissy Mood Snacks) Sassy Soups and Stews Grown-up Appetizers Comfort Cookinâ™ Hearty Ass Sandwiches Happy Endings (Desserts) And a ton more! They are all so good (and easy to make) youâ™re gonna freak out. Seriously. What are you waiting for? Get your skinny ass in the kitchen!

Book Information

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Customer Reviews

The first book, "Skinny Bitch," shocked me into a new awareness of what I was eating. I decided to try the vegetarian lifestyle to see if it would work for me. I started by eating a few prepackaged meals (spring rolls with soy and a veggie pot pie) to jump-start my efforts. It took me about a week

to gather the necessary ingredients. In the meantime I had veggie burritos at Taco Time and vegetable fajitas at a local Mexican restaurant. You may find a health food store that stocks nutritional yeast flakes, Ener-G egg replacer and Bragg Liquid Aminos. In general this book uses safflower and olive oil. The truth of the matter is that many of the recipes call for coconut oil (a little expensive \$10 for 414 ml), which may or may not work for you. I found it less appetizing in savory dishes and appropriate for sweet foods like cookies. It is easy to substitute olive oil for the coconut oil in some of the recipes like Hummus and Macaroni and Cheese. Why you would want coconut oil in those recipes is beyond my understanding. The recipes are divided into interesting sections like Bitchin' Breakfast, PMS (Pissy Mood Snacks), Grown-Up Appetizers, Sassy Soups and Stews, Skinny-Ass Salads, Hearty-Ass Sandwiches, International Bitch, Italian Bitch, Down Home Cookin', Skinny Bitch Staple Meals, Divine Dressings and Happy Endings. This book has a sassy style and is actually quite funny in places.

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