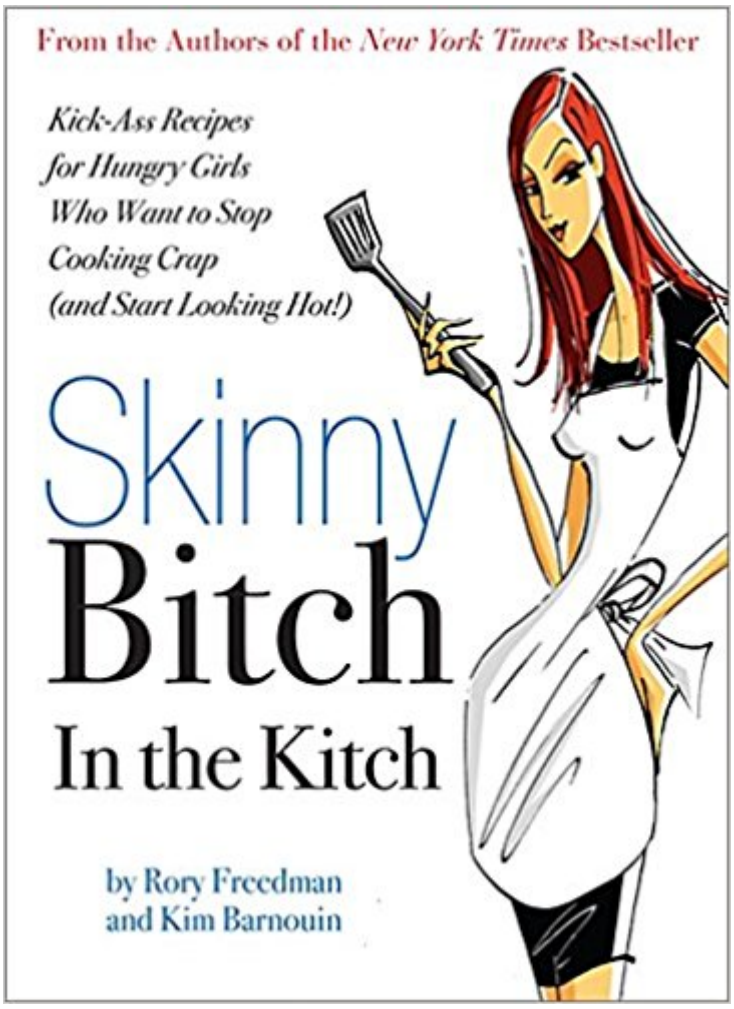
Ebook Directory
the best source of ebook

The book was found

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



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Quit your bitching-they've heard you already! You read Skinny Bitch and it totally rocked your world. Now you want to know, “What can I cook that's good for me, but doesn't taste like crap?Ã¢â ¬Â• Well, lucky for you, the Bitches are on the case. Self-proclaimed pigs, Rory and Kim understand all too well: Life without lasagna isn't a life worth living; chocolate cake is vital to our survival; and no one can live without mac ‘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: Bitchin' Breakfasts PMS (Pissy Mood Snacks) Sassy Soups and Stews Grown-up Appetizers Comfort Cookin' Hearty Ass Sandwiches Happy Endings (Desserts) And a ton more! They are all so good (and easy to make) you're gonna freak out. Seriously. What are you waiting for? Get your skinny ass in the kitchen!

Book Information

Paperback: 192 pages

Publisher: Running Press (December 4, 2007)

Language: English

ISBN-10: 0762431067

ISBN-13: 978-0762431069

Product Dimensions: 5.6 x 0.6 x 7.4 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 221 customer reviews

Best Sellers Rank: #173,187 in Books (See Top 100 in Books) #36 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #1133 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #1820 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

The follow-up to bestselling diet guide Skinny Bitch, this irreverent cookbook orders readers to toss out all their meat, eggs and dairy, and make room for nutritional yeast, seitan and something called "Bragg's Liquid Aminos" (although soy sauce will do in a pinch). The authors' philosophy is simple but rigid: in order to be skinny, one must also be vegan (and, preferably, willing to give up coffee and white sugar). Not to despair-the svelte can eat all the tofu-based fake meat and cheese they want, and follow it up with dessert-alikes such as Bitchtastic Brownies or Cheezecake. For the most

part, recipes are easy and inoffensive; while a "Chicken" Parmesan Panini will fool nobody, other offerings, like Japanese Soba Noodles with Steamed Vegetables and Tofu, are perfectly satisfying. But to enjoy this cookbook in full, a reader must be content to be addressed (repeatedly) as "bitch," as in, "Who's a boring old fart now, bitch?" Confusingly, there's no nutritional information for any of the recipes, nor is there any information on the specific dietary needs of vegans-apparently, you'll need to buy Freedman and Barnouin's first book for that. (For those who haven't tried, switching to a vegan diet is difficult even with a proper guide; this book's complete lack of support should make it a real bitch.) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Physicians Committee for Responsible Medicine(PCRM) pcrm.org 1/13/10 A new PCRM report finds that many cookbooks released or revived in the last decade encourage readers to consume more fattening meat-heavy meals at a time when record obesity rates mean that Americans have never needed more encouragement to eat nutritious low-fat foods. Ã¢â ¬Å“These high-fat recipes help explain why AmericaÃ¢â ¬â„¢s obesity-related medical spending doubled over the past decade,Ã¢â ¬Â• said PCRM nutrition director Susan Levin, M.S., R.D. Ã¢â ¬Å“YouÃ¢â ¬â„¢d need a magnifying glass to find a vegetable in some of these cookbooks. But the good news is that a growing number of chefs are offering tasty meatless recipes that can help us stay trim and healthy.Ã¢â ¬Â• The decadeÃ¢â ¬â„¢s best cookbooksÃ¢â ¬Â¦ The Kind Diet by Alicia Silverstone, Skinny Bitch in the Kitch: Kick-Ass Recipes for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!) by Rory Freedman and Kim Barnouin, The Conscious Cook by Tal Ronnen, The Engine 2 Diet by Rip Esselstyn, Cooking the Whole Foods Way by Christina Pirello.

Loved it!

Don't waste your time or money.

HILARIOUS! Fact-filled. Loved it. The authors are vegan. While I never intended to go with a vegan lifestyle, this book did teach me a lot.

Riding on the success of their GREAT book about slimming down the easy natural way called SKINNY BITCH. I enjoyed that book so much I bought this one. I've never made one thing out of this book, but the last one impressed me so much I bought this one anyway./ Do yourself a favor

and read the original book SKINNY BITCH. Better yet, listen to it as a audio book. It truly changed my eating habits and lifestyle.

Really good and funny book promoting veganism.

Didn’t like the title when I saw it in the library,but I’m really glad that I browsed through it.Really delicious,healthy, and easy vegetarian recipes,some of which have become staples in my weekly dinner repertoire.I had to purchase this book and add it to my collection.

I found this cook book by a web search of "vegitarian diet"... Yes, I stumbled upon and purchased the cool book before I even read the book. The recipes are so simple and easy. After making a few, I went back and bought the book. Skinny bitch has changed my lifestyle! (Oh, and make sure to try the chocolate chip cookies... You won’t be able to stop eating!)

This book is almost an essential buy if you are buying/reading Skinny Bitch. It helps you put all that enthusiasm for the Vegan Skinny Bitch diet to good use immediately. The recipes are easy and delicious. So far I’ve made the Tempeh, Cucumber Hummus wrap, the homemade granola and the Chocolate chip cookies. All were great.Some of the ingredients are a little odd but they warn about that at the beginning of the book and so far, I haven’t bought anything that I haven’t found other uses for.Love this book!

Download to continue reading...

Skinny Bitch in the Kitch: Kick-Ass Recipes for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!) Skinny Bitch: A No-Nonsense, Tough-Love Guide for Savvy Girls Who Want To Stop Eating Crap and Start Looking Fabulous! Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Stop being a Bitch, Quit your lame ass job & Move to Cambodia The Skinny Hot Air Fryer Cookbook (Cooknation: Skinny) Meat Is for Pussies: A How-To Guide for Dudes Who Want to Get Fit, Kick Ass, and Take Names Get shit done!: For kick-ass women that want success now AnimÃƒÂ© nude young hentai fund of sex Ã¢â ¬â œ Hot manga pictures 2: Sexy girls animÃƒÂ© nude girls, sexy animÃƒÂ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai fund of sex: Sexy girls animÃƒÂ©) AnimÃƒÂ© nude young hentai fund of sex Ã¢â ¬â œ Hot manga pictures 1: Sexy girls animÃƒÂ© nude girls, sexy animÃƒÂ©, hot hentai, manga sexe pictures, porn, naked, sensual ... young hentai

fund of sex: Sexy girls animÃƒÂ©) Bitch Planet Volume 2: President Bitch Bitch Planet Vol. 2: President Bitch Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Camping Recipes: The Kick Ass Chef Skinny Bitch Hot Sauce!: Techniques for Making Signature Hot Sauces, with 32 Recipes to Get You Started; Includes 60 Recipes for Using Your Hot Sauces Think BIG and Kick Ass in Business and Life Think BIG and Kick Ass in Business and Life CD The Leg Kick: Your Ultimate Guide to Using The Leg Kick for Mixed Martial Arts Your New Prime: 30 Days to Better Sex, Eternal Strength, and a Kick Ass Life After 40 "Kick Ass" Home Security! Veteran Police Officer Reveals Simple Ways to Protect Yourself from Burglars, Thieves, and Other Scum-of-the-Earth!

Contact Us

DMCA

Privacy

FAQ & Help