

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!)**

From the Authors of the #1 *New York Times* Bestseller

*Kick-Ass Recipes  
for Hungry Girls  
Who Want to Stop  
Cooking Crap  
(and Start Looking Hot!)*

# **Skinny Bitch In the Kitch**

by Rory Freedman  
and Kim Barnouin



## 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

File Size: 1453 KB

Print Length: 195 pages

Publisher: Running Press; Original edition (June 10, 2008)

Publication Date: June 10, 2008

Sold by:Â Digital Services LLC

Language: English

ASIN: B003L0QRK8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #493,099 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #33 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Vegan #107 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #858 inÂ Books > Health, Fitness & Dieting > Reference

## 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.

[Download to continue reading...](#)

Skinny Bitch in the Kitch: Kick-Ass Solutions for Hungry Girls Who Want to Stop Cooking Crap (and Start Looking Hot!) Meat Is for Pussies: A How-To Guide for Dudes Who Want to Get Fit, Kick Ass, and Take Names "Kick Ass" Home Security! Veteran Police Officer Reveals Simple Ways to Protect Yourself from Burglars, Thieves, and Other Scum-of-the-Earth! iPad For Kids: 22 Kick-Ass Apps Parents Should Buy and Why! Your New Prime: 30 Days to Better Sex, Eternal Strength, and a Kick Ass Life After 40 Skinny Bitch Book of Vegan Swaps Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) 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) Food Allergies:: Hungry Girl has the Recipes : Book 3 (Hungry Girl Cookbooks) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Looking Forward, Looking Back: A Hitchhiker's Guide to Research on Social and Sustainable Investment Managed DirectX 9 Kick Start: Graphics and Game Programming Alkaline Cookbook: Alkaline Satisfaction!: 50+ Alkaline Diet Recipes to Kick-Start Your Weight Loss Success and Keep Your Belly Happy! (Plant Based, Alkaline Recipes, Alkaline Foods Book 2) Green Smoothie Recipes to Kick-Start Your Health and Healing: Based On the Best-Selling Book Goodbye Lupus The UltraSimple Diet: Kick-Start Your Metabolism and Safely Lose Up to 10 Pounds in 7 Days Looking

Out, Looking In: Anthology of Latino Poetry Looking Out, Looking In: Anthology of Latino Poetry  
(Hispanic Civil Rights) (Hispanic Civil Rights (Paperback)) Direct3D Programming Kick Start  
Running with Curves: Why You're Not Too Fat to Run, and the Skinny on How to Start Today

[Dmca](#)