

RECIPE LIST



<b>BREAKFAST</b>	<b>Strawberry Oat Smoothie</b>	<b><a href="#">link</a></b>
<b>LUNCH</b>	<b>Baked Rice and Leek Cakes with Sesame Teriyaki Sauce</b>	<b>Pages 17-19</b>
<b>SNACK</b>	<b>Roasted Sriracha Cauliflower Bites with Peanut Dipping Sauce</b>	<b>Page 128</b>
<b>DINNER</b>	<b>Grilled Pineapple and Sweet and Sour Tempeh Kebabs</b>	<b>Page 133</b>
<b>DRINK</b>	<b>Blended Earl Grey Tea Lattes</b>	<b>Page 137</b>
<b>DESSERT</b>	<b>Chocolate Chip Almond Butter Cookies</b>	<b>Page 195</b>

Recipes are found from the following places:

Book 1—[Thug Kitchen: The official cookbook \(2014\)](#)

Book 2—[Thug Kitchen: Party Grub \(2015\)](#)

Website—[www.thugkitchen.com](http://www.thugkitchen.com)



THUG KITCHEN

21 DAY CHALLENGE

**NUTRITIONAL CONTENT**  
WEEK 2

RECIPE	CALORIES	FAT	PROTEIN	CARBS	SUGAR	FIBRE
Strawberry Oat Smoothie	173	3 g	4.4 g	35.3 g	12.4 g	6 g
Baked Rice and Leek Cakes	269	10.1 g	10.1 g	35.2 g	4.7 g	2.4 g
Grilled Pineapple and Tempeh Kabobs	232	6.2 g	10.7 g	33.5 g	18.4 g	6.9 g
Roasted Cauliflower Bites	240	11.7 g	8.4 g	28 g	11.1 g	5.1 g
Blended Earl Grey Tea Lattes	102	3.6 g	1.3 g	17.8 g	11.7 g	1.8 g
Chocolate Chip Almond Cookies (for 2)	245	12.1 g	4.4 g	32.6 g	17.4 g	3.4 g

Please note that all nutritional content is based on serving size in the recipe and does not contain any optional ingredients or side items



THUG KITCHEN

21 DAY CHALLENGE

GROCERIES

WEEK 2

RECIPE LEGEND:

- |   |                            |   |                               |
|---|----------------------------|---|-------------------------------|
| 1 | Strawberry Oat Smoothie    | 4 | Pineapple Tempeh Kabobs       |
| 2 | Baked Rice and Leek Cakes  | 5 | Blended Earl Grey Tea Lattes  |
| 3 | Sriracha Cauliflower Bites | 6 | Chocolate Chip Almond Cookies |

PRODUCE

- |          |                              |         |                           |          |                           |
|----------|------------------------------|---------|---------------------------|----------|---------------------------|
| 1.5 EACH | Bananas <sup>1,5</sup>       | 3 TBSP  | Ginger <sup>3,4</sup>     | 1/4 CUP  | Orange juice <sup>2</sup> |
| 2 EACH   | Cauliflower <sup>3</sup>     | 2 CUPS  | Leeks <sup>2</sup>        | 1 EACH   | Pineapple <sup>4</sup>    |
| 1/2 CUP  | Chives <sup>2</sup>          | 3 TBSP  | Lime juice <sup>3,4</sup> | 2 CUPS   | Strawberries <sup>1</sup> |
| 1 EACH   | Cucumber <sup>3</sup>        | 12 EACH | Mint leaves <sup>1</sup>  | 1/2 EACH | Onion <sup>4</sup>        |
| 5 EACH   | Garlic cloves <sup>2,4</sup> |         |                           |          |                           |

PANTRY STAPLES

- |            |                              |            |                                 |          |                                |
|------------|------------------------------|------------|---------------------------------|----------|--------------------------------|
| 2 1/2 CUPS | Almond Milk <sup>1,5</sup>   | 4 TSP      | Grapeseed Oil <sup>2,4</sup>    | 2 TBSP   | Sesame Seeds <sup>2</sup>      |
| 2 TSP      | Arrowroot Pwd. <sup>2</sup>  | 5 TSP      | Maple Syrup <sup>2,3,5</sup>    | 3/4 CUP  | Soy Sauce <sup>2,3,4</sup>     |
| 10 EACH    | Bamboo Skewers <sup>4</sup>  | 1/2 CUP    | Oats <sup>1</sup>               | 3/4 CUP  | Sriracha <sup>3,4</sup>        |
| 2 CUPS     | Brown Rice <sup>2</sup>      | 1 1/4 CUPS | Panko bread crumbs <sup>2</sup> | 8 OZ     | Tempeh <sup>4</sup>            |
| 1 TBSP     | Brown Sugar <sup>4</sup>     | 6 TBSP     | Peanut Butter <sup>3</sup>      | 12 OZ    | Tofu (x-firm) <sup>2</sup>     |
| 4 TSP      | Coconut Oil <sup>2,3,4</sup> | ~1 CUP     | Rice Vinegar <sup>3,4,5</sup>   | 2 TBSP   | Tomato paste <sup>4</sup>      |
| 2 TBSP     | Cornstarch <sup>4</sup>      | 2 TBSP     | Sesame Oil <sup>2</sup>         | 3/4 CUPS | Vegetable broth <sup>2,4</sup> |
| 4 EACH     | Earl Grey Tea <sup>5</sup>   |            |                                 |          |                                |
| 1/2 CUP    | Flour <sup>3</sup>           |            |                                 |          |                                |