

# **[PDF] Skinny Bitch: Ultimate Everyday Cookbook: Crazy Delicious Recipes That Are Good To The Earth And Great For Your Bod**

**Kim Barnouin - pdf download free book**

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**Books Details:**

Title: Skinny Bitch: Ultimate Everyd

Author: Kim Barnouin

Released: 2010-10-19

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## **Description:**

### **Review**

**Sophie Uliano, author of *Gorgeously Green: 8 Simple Steps to an Earth-Friendly Life***

"I absolutely love how Kim has made vegan cooking so simple and delicious. This cookbook has me wanting to try my hand at every dish - YUM!"

## **944 Magazine, November 2010**

...visually stunning 291 pages filled with 150 healthy recipes that are also "good to the earth" along with vibrant photos."

## **BlogonBooks.com, 1/12/11**

"Leave it to Kim Barnouin to come up with the spiciest cookbook of the season; and we're not just talking about taste. ...Where Barnouin shines is in her easy to understand overview of problematic ingredients ... her analysis of everything from global fish depletion to the truth on organic foods is actually well worthy of serious consideration and finally proves that eating healthy can actually be fun."

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## **Kirkus**

"Barnouin gives home, beauty and style some loving in this sassy new guide.

Using the same formula that made vegan opus *Skinny Bitch* a whirlwind success (along with the subsequent sequels), the author trains her focus on the eco-friendly household. True to her brand's form, Barnouin's latest dispenses disturbing information about the toxicity and overall evilness of standard household items. She warns of benzene in paint and furniture (a known carcinogen), BPA in plastics (which imitates estrogen in the body and causes myriad health problems), phthalates in nail polish (linked to cancer in lab animals) and many more. Part of the series' appeal emerges from the author's ability make hippie philosophies seem glamorous, and this installment is no different. She explores each topic with girly banter and a good dose of verbal lashing. Some of Barnouin's mantras will be too hardcore for average readers, such as avoiding bleach as a cleaning product. And her advice to abandon wardrobe purchases consisting of polyester, non-organic cotton, leather, down, fur or fabric dyes will leave fashionistas with little to wear. Those wondering if any of their possessions are safe may find solace in the decidedly more mellow segments on gardening, recycling, essential oils and DIY facials. Ladies seeking an irreverent guide to an eco-friendly home will enjoy this fun primer."

## **Ethical holiday gift guide at Pomp & Circumstance**

"There are so many reasons to love author - and chef extraordinaire - Kim Barnouin. If writing the award-winning *Skinny Bitch* (with co-author Rory Freedman) wasn't enough, now she's gone and crafted my favorite cookbook to date. My copy is littered with tabs to remind me which mouthwatering recipes I want to return to stat. I appreciate how the book opens with practical tips and useful information, such as a list of The Dirty Dozen and The Clean Fifteen. She discusses buying seasonal, the eleven worst food additives on the market, and a few facts about the ever hot topic, soy. There's an herb and spice chart loaded with info, as well as a recommended shopping list for the perfect pantry. Need I say more? Indeed, there's more that could be said, but maybe you just buy it."

**About the Author Kim Barnouin** is the co-author of *Skinny Bitch*, a book that has been a *NYT* bestseller for over two years and has sold more than two million copies. Since penning the first tough-love manifesto, she's followed up with four more books in the *Skinny Bitch* series. Her "Healthy Bitch Daily" blog, launched in 2009, delivers advice on food, fitness, sex, money, shopping, and more. Kim is a former Ford model and holds an MA in Holistic Nutrition. She lives with her husband and son in Los Angeles, CA.

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