

Part I. Instructions: Look at the table of contents and answer the questions the fastest you can (Scanning).

GQ⁺_{URBAN} **CONTENTS**

JUNE 2013



GRAMMY AWARDS

+ RICK ROSS
The Unstoppable
Maybach Music Group
will not be stopped...
even at the top. **P140**

EDITOR'S LETTER	13
TYLER PERRY The Leader of Black Hollywood.	24
MAN OF THE MONTH Leonard Polk styling for the cameras.	31
FEATURES	
T.I. STILL GRAND HUSTLIN' Introduces the Hustle Gang Family.	102
MIAMI HEAT OR SPURS? Will the Heat take the ring again or can the Spurs continue the Dynasty?	109
RIHANNA The new sex symbol.	132
TASTE	
NIGHT CLUBS & DAY PARTIES Day or night, the party goes on!	79
THE RUNWAY Atlanta's fashion presentation.	83
2013's VACATION SPOTS Anguilla ocean-front escapes.	96

1. Date of publishing: _____
2. Name of the magazine: _____
3. Type of magazine:
 - a) Comics
 - b) Sports
 - c) cooking
 - d) celebrities and more
4. Who was the man of the month? : _____
5. What's on page 83? : _____
6. On what page is the Editor's letter? : _____

Part II. Instructions: Look at the table of contents and answer the questions the fastest you can (Scanning).



CONTENTS

06

NOTES ABOUT THE COOKBOOK

Sharing the purpose of the cookbook and notes to help you successfully utilize it for family meals

07

KEY NUTRIENTS

Giving you an overview of the key nutrients of focus for kids who follow a vegan diet

08

BREAKFAST RECIPES

Sharing some of my favorite family recipes

15

LUNCH AND DINNER RECIPES

These are meals that can either be made in advance or freeze for later use

31

SIDES, SNACKS AND SAUCES

Find tasty companions to many of the recipes outlined for Lunch and Dinner

39

THANK YOU

I am excited to see your re-creations!

40

MEAL PLANS

3-Day Meal Plan for each stage of growth

1. What is the book about?
a. Mechanics b. Sports c. Recipes d. Health and fitness
2. How many chapters or sections does the book have?

3. What can you find on page 31? _____
4. Is there a chapter where the author invites you to share your recipes?
a. Yes, there is. b. No, there isn't.
5. The key nutrients, on page 7, are focused on....
a. Teenagers b. Kids c. Adults d. newborns