The Shea Butter Queen is back! It’s been more than a year since her last release, *After 12*, but Che has returned with a body of work that she clearly spent her time on. She not only serves up a barrage of bars on *Food For Thought*, but also produces 6 of 12 tracks. The other 6 cuts are handled by TrickyTrippz, JR Swiftz & Motif Alumni, Chup, and a couple up-n-comers. Guests include 38 Spesh, Ransom, Rome Streetz, Armani Caesar, 7xvethegenius, and more.
The Shea Butter Queen is back! It’s been more than a year since her last release, *After 12*, but Che has returned with a body of work that she clearly spent her time on. She not only serves up a barrage of bars on *Food For Thought*, but also produces 6 of 12 tracks. The other 6 cuts are handled by TrickyTrippz, JR Swiftz & Motif Alumni, Chup, and a couple up-n-comers. Guests include 38 Spesh, Ransom, Rome Streetz, Armani Caesar, 7xvethegenius, and more.

**A1. Intro: Eat To Live • A2. Split The Bread • A3. Eat Or Starve (feat. Jynx716) • A4. Daily Bread (Skit)**
**A5. Bless The Food • A6. Ladies Brunch (feat. 7xvethegenius & Armani Caesar)**

**B4. Brains For Dinner • B5. Water To Wine (Prelude) • B6. Communion**

*Food For Thought* will be shipping in a random split between the photo and the illustrated cover art shown here.