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Following up on his bestselling diet plan, VB6, the incomparable Mark Bittman delivers a full cookbook of recipes designed to help you eat vegan every day before 6:00 p.m.--and deliciously all of the time. Whether you call it flexitarian, part-time veganism, or vegetable-centric, the plant-based, real-food approach to eating introduced in Bittman's New York Times bestselling book VB6 has helped countless people regain their good health, control their weight, and forge a smarter, more ethical ...

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introduced in Bittman's New York Times bestselling book VB6 has...

The VB6 cookbook : more than 350 recipes for healthy vegan...

The season has started with these sales. the vb6 cookbook: more than 350 recipes for healthy vegan meals all day and delicious flexitarian dinners at night for \$24.34. Was \$29.95.

Don't Miss These Deals on The VB6 Cookbook: More than 350 ...

In The VB6 Cookbook he makes this proposition more convenient than you could imagine. Drawing on a varied and enticing pantry of vegan staples strategically punctuated with "treat" foods (including meat and other animal products), he has created a versatile repertoire of recipes that makes following his plan simple, satisfying, and sustainable.

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The VB6 Cookbook: More than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night doesn't just provide you with delicious, easy to make recipes that won't break the bank, it makes eating healthier fun and.. yes... tastier.

Review: The VB6 Cookbook by Mark Bittman | Self Help Daily

The VB6 Cookbook expands on VB6 and puts a collection of tasty, easy-to-make recipes into the context of a primarily plant-based diet. The result is a prescriptive guide to changing and sustaining a lifetime of healthy and pleasurable eating.

New York Times columnist and bestselling author Mark ...

VB6 has an interesting approach, compared with other vegan texts. It is about a part time diet, rather than a total transformation. You follow it from waking up until 6 pm, then can return to your carnivorous and dairy-chowing ways. Some of the book is infrastructural, advising you on mental changes, how to shop, etc. Useful stuff.

VB6: Eat Vegan Before 6:00 to Lose Weight and Restore

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