

## The Vb6 Cookbook

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The VB6 Cookbook: More than 350 Recipes for Healthy Veg... Excellent mostly vegan cookbook/meal planner I read Mark Bittman's VB6 a couple of years ago. It made a big impression and changed a number of our eating and cooking habits. That book had some recipes but was focused on the thinking behind VB6. This book is focused more on the recipes though it does include a summary of the VB6 rationale.. Mark Bittman Cookbooks - The Bittman Project The VB6 Cookbook. In VB6, bestselling author and New York Times columnist Mark Bittman created an easy-to-follow diet plan for vegan meals for breakfast and lunch, and healthy, vegetable-forward meals for everyday. Now in this tie-in cookbook, Bittman expands on the VB6 diet with a collection of 350 new recipes to keep the diet going and to ...

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