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**Mark Bittman**

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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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Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night Mark Bittman

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.

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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 320 new recipes to keep the diet going and to keep eating better.

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In this companion cookbook, *The VB6 Cookbook: More Than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night* (Clarkson Potter/Publishers; on sale May 6, 2014; \$29.95; hardcover), Bittman presents a beautifully photographed volume and an endlessly adaptable menu of recipes designed to help you eat vegan every day before 6:00 p.m.—and deliciously all of the time.

*New York Times columnist and bestselling author Mark ...*

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*The VB6 Cookbook on Apple Books*

When Bittman committed to a vegan before 6:00 pm diet, he quickly realized that everything about it became easier if he cooked his own meals at home. 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

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