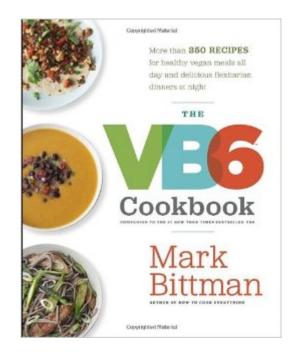
## The book was found

# The VB6 Cookbook: More Than 350 Recipes For Healthy Vegan Meals All Day And Delicious Flexitarian Dinners At Night





#### Synopsis

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 relationship with food. VB6 does away with the hard and fast rules, the calorie-counting, and the portion control of conventional diets; it's a regimen that is designed to be easy to a dopt and stick to for a lifetime. A When Bittman committed to a vegan before 6:00 pm diet, he guickly 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 (including meat and other animal products), he has created a versatile repertoire of recipes that makes following his plan simple, satisfying, and sustainable. A Breakfasts, the most challenging meal of the day for some vegans, are well represented here, with a full range of hot cereals, whirl-and-go-dairy free smoothies, toast toppers, and brunch-worthy entrees. Lunches include hearty soupls, sandwiches, beans, grains, and pastas to pack along wherever the day takes you, and more than a dozen snack recipes provide the perfect afternoon pick-me-up to banish the vending-machine cravings that can undo a day of eating well. Dinners are flexitarian, Â focusing on vegetable-forward meals that are augmented by a range of animal products for fullest flavor, satisfaction, and nutrient density. A chapter devoted entirely to "building blocks"--make-ahead components you mix and match--ensures that a flavorful and healthy meal is never more than a few minutes away. If you've thought of trying a vegan diet but worry it's too monotonous or unfamiliar, or simply don't want to give up foods you love to eat, Bittman's vegan and flexitarian recipes will help you cook your way to a new, varied and quite simply better way of eating you can really commit to...for life. Â

### **Book Information**

Hardcover: 272 pages Publisher: Clarkson Potter (May 6, 2014) Language: English ISBN-10: 0385344821 ISBN-13: 978-0385344821 Product Dimensions: 7.7 x 0.9 x 9.5 inches Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars Â See all reviews (109 customer reviews) Best Sellers Rank: #26,961 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #95 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan #126 in Books > Cookbooks, Food & Wine > Special Diet > Weight Loss

#### **Customer Reviews**

This book adds a number of recipes to Bittman's 2013 book that argued we should basically be vegans during the day, eating high quality (i.e., not a lot of processing) plant based food, and then consider adding moderate amounts of meat, poultry, fish and dairy to our meals at dinner (dessert included). This approach derive's from Bittman's own experience (told here and in his earlier books) of being a rather unhealthy middle age man who was given the choice of eating better or going on a lifetime drug regime. The approach of eating more of a plant-based diet makes good sense, both for health reasons and also the environmental/animal welfare issues presented well in Bittman's "Food Matters" book. This book recaps the VB6 book and then presents a good set of recipes to help implement this way of eating (I prefer not to use the word "diet," given its connotation of short-run approaches to weight loss). Like all of Bittman's cookbooks, the recipes are very clearly written, with lists of (usually not hard to find) ingredients and then necessary steps to prepare a dish, along with estimates of preparation time. There are perhaps 100 basic recipes here (organized around breakfast, lunch, snacks, dinner, and dessert) with 2 or 3 variations presented for each one. Bittman is a wonderful writer, and each recipe is introduced with a short paragraph that usually makes it quite appealing. Bittman here and elsewhere (including pages of the New York Times) argues for (mostly) plant-based eating with minimally processed food. I suppose my only issue with this book is that it puts a particular structure on when you are vegan and when you are not. Someone might, for example, like to have eggs at breakfast and not wait until 6 to have some cheese.

Mark Bittman's cookbooks have yet to disappoint and this companion of his earlier edition of The VB6 Cookbook is no exception. If not familiar with the concept, the idea is to eat vegan during the day and dishes using a small quantity of meat, cheese or eggs for the evening meal. Whether to head off possible health problems or make diet adjustments for current issues, this book offers clear suggestions/solutions in a user friendly, and of course, delicious way. The concept is stated, but I take a more flexible approach as to which meal I consume meat - or whether I consume any on a

day-by-day basis. The book contains over 350 recipes (115 basic recipes with variations) divided through chapters organized by meal - Breakfast, Lunch, Snacks, Dinner and Dessert. There is also an essential chapter called VB6 Building Blocks that contains 15 make ahead recipes for use during the week like Big Batch Brown Rice and Grains, All-Purpose Tomato Sauce, Everyday Salad Bowl, Your Own Salad Dressing, Big Batch Cooked Vegetables, etc. Utilizing some or all of these preparatory recipes is yet another tool smartly included to help the user work efficiently so cooking meals is less time consuming. Also within the book are information and ingredients recommended to have a pantry ready for action organized in three ways - Unlimited, Flexible and Treat.Specifics for the book construction - this is a hardback book made with quality paper that when a page is splashed, remains undamaged if the spill is wiped up promptly. The binding is tight and it will take some time for it to relax so for the time being the book is not willingly laying open on the counter top, so a cookbook holder is in use.

#### Download to continue reading...

The VB6 Cookbook: More than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Dump Dinners Cookbook: Quick & Easy Dump Dinner Recipes for the Busy Home Cook (Dump Dinners, Dump Dinners Cookbook, Dump Dinner Recipes, Slow Cooker Recipes, ... Recipes, Crockpot Meals, Meals For One) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners) Cookbook, Quick Easy Meals) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan

Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slow cooker, high ... free, dairy free, low carb) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes)

<u>Dmca</u>