

*The Food Matters Cookbook 500 Revolutionary Recipes For Better Living Mark Bittman*







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In his new book "The Food Matters Cookbook: 500 Revolutionary Recipes for Better Living," New York Times food writer Mark Bittman urges Americans toward a more plant-based diet. Bittman takes on factory farming and the health impacts of a diet too heavy on meat and processed foods, but where others leave us to figure out how to change our ...

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