



Whole Food Plant-Based Eating

Resources to help you eat plant-strong

Cookbooks:

How Not to Die. Michael Gregor, MD

Healthy Heart, Healthy Planet. Dr. Cathi Misquitta, Dr. Rajiv Misquitta

Better Than Vegan. Chef Del Sroufe, Glen Merzer

The Forks Over Knives Plan. And Forks Over Knives Families. Alona Pulde, MD, Matthew Lederman, MD

My Beef With Meat: The Healthiest Argument for Eating a Plant-Strong Diet. Rip Esselstyn

The Complete Idiot's Guide to Plant-Based Nutrition. Julieanna Hever, MS, RD, CPT

Bravo!: Health Promoting Meals from the TrueNorth Health Kitchen. Ramses Bravo

I am Grateful. Recipes & Lifestyle of Café Gratitude

The Vegiterranean Diet. Julieanna Hever, MS, RD

The Plantpower Way. Rich Roll, Julie Piatt

The Complete Guide to Even More Vegan Food Substitutions. Jonie Marie Newman, Celine Steen

From Plant to Plate. Tami Bivens, RD.

Plant-Powered Families. Dreena Burton

The China Study Quick and Easy Cookbook. Del Sroufe

Chloe's Vegan Italian Kitchen. Chloe Coscarelli

The Prevent and Reverse Heart Disease Cookbook. Ann Crile Esselstyn, Jane Esselstyn

The Oh She Glows Cookbook. And Oh She Glows Everyday. Angela Liddon

Fresh from the Vegan Slow Cooker. Robin Robertson

The Great Vegan Protein Book. Celine Steen, Tamasin Noyes

Vegan Bowl Attack! Jack Sobon

Books – Programs/Resources:

The McDougall Program. John McDougall, MD

Eat More, Weigh Less. Dean Ornish, MD

The New Pritikin Program. Robert Pritikin

How Not to Die. Michael Gregor, MD

Eat to Live. Joel Fuhrman, MD

The Engine 2 Diet. Rip Esselstyn

21-Day Weight Loss Kickstart. Neil Barnard, MD

The 22-Day Revolution. Marco Borges

Protein-aholic. Garth Davis, MD

Recipe & Meal Planning Resources:

forksoverknives.com (free recipes) & app

21daykickstart.org (3 week menu)

drmcDougall.com (10 day menu)

engine2diet.com (28 day challenge)

happyherbivore.com (7 day menu)

myplantbasedfamily.com (free weekly meal plans)

plantrician.rouxbe.com (online cooking school)

Websites for Further Research & Support:

Nutritionfacts.org

Nutritionstudies.org

Plantbasedresearch.org

Plantricianproject.org

Dresselstyn.com

PCRM.org

Healthyheartthehealthyplanet.com

Wholefoodplantbasedrd.com

Plantbaseddietitian.com

Vegsource.com

Charlesduhigg.com (The Power of Habit)

Kellymcgonigal.com (The Willpower Instinct)

Eating Out/Food Delivery:

Happycow.net, Vrg.org/restaurants

Lighterculture.com (plant-based food delivery)

Veginout.com (vegan meal delivery service)

Medimeals.com (vegan meal delivery service)

Plantpurenation.com (vegan meal delivery service)

Momsmeals.com (veg meal delivery options)

Movies:

What the Health

Forks Over Knives

Food Inc.

Plant Pure Nation

The Game Changers



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