

FOOD LOVER'S JOURNEY TO A PLANT-BASED DIET: RESOURCES AND PRODUCTS

Below is a listing of some of my favorite resources.

Plant Based Magazines: VegNews Magazine, Nourish

Plant Based Cookbooks:

- *The Superfun Times Vegan Holiday Cookbook* by Isa Chandra Moskowitz
- *Minimalist Baker's Everyday Cooking: 101 Entirely Plant-Based, Mostly Gluten-Free, Easy and Delicious Recipes* by Dana Shultz
- *Deliciously Ella: 100+ Easy, Healthy, and Delicious Plant-Based, Gluten-Free Recipes* by Ella Woodward
- *The VegNews Guide to Being a Fabulous Vegan: Look good, Feel Good & Do Good in 30 Days* by Jasmin Singer
- *Fast & Easy Vegan Cookbook* by JL Fields
- *Great Vegan BBQ Without a Grill* by Linda & Alex Meyer
- *The Essential Plant-Based Pantry: Streamline Your Ingredients, Simplify Your Meals* by Maggie Green
- *The Homemade Vegan Pantry* by Myoko Schinner
- *Frugal Vegan: Affordable Easy & Delicious Vegan Cooking* by Katie Koteen and Kate Kasbee

- *Vegan for Everybody: Foolproof Plant-Based Recipes for Breakfast, Lunch, Dinner, and In-Between* from America's Test Kitchen

Plant Based Meal Delivery Services: Purple Carrot, Green Chef, Splendid Spoon, Hungry Root, Nutrition for Longevity. (Note: Of these, I have only tried Purple Carrot. I list the others as alternatives.)

Popular Plant-Based Brands/Alternatives:

Nondairy Milk: can use almond, soy, coconut, oat (we like the unsweetened varieties, and look for cardboard containers over plastic)

Favorite plant-based creamer: Oatly Barista Blend

Plant-Based Butter: we like Earth Balance; Myoko's is also quite good

Alternative Meats: Beyond, Impossible, Boca, Gardein, Field Roast

Plant-Based Cheese: Myoko's, Kite Hill, Follow Your Heart, Daiya

Texturized Vegetable Protein (TVP): Bob's Red Mill

Nutritional Yeast: Bragg's

Plant-Based Lunch Meat: Tofurkey

Favorite Plant-Based Podcasts:

Healthification (vegan philosophy and celebrities + wellness tips)

Deliciously Ella (wellness focused)

The Plant Proof Podcast (with nutritionist Simon Hill)

Favorite Plant-Based Apps:

Purple Cow

Deliciously Ella (plant-based recipes, yoga/pilates/strength videos, meditation)

Documentaries and YouTube Talks

What the Health (Netflix, Amazon Prime)

The Game Changers (Amazon Prime)

Forks Over Knives (Amazon Prime)

How Not to Die (Amazon Prime)

Cowspiracy (Amazon Prime)

“The Most Important Speech You Will Ever Hear” by Gary Yourovsky (YouTube)

“*What’s Wrong with What We Eat*” by Mark Bittman (YouTube)

“*How Eating Plants Changed My Life*” by Nimai Delgado (YouTube)

Books

How Not to Die by Michael Greger, MD

The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-term Health by Drs. T. Colin Campbell and Thomas M. Campbell II

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure by Caldwell B. Esselstyn Jr.

The Omnivore’s Dilemma by Michael Pollan

Personalities on the Plate: The Lives and Minds of Animals We Eat by Barbara J. King (NOTE: King is an emerita professor of anthropology at William & Mary.)

Anti-Cancer: A New Way of Life by David Servan Schreiber (NOTE: This is a great book to listen to on Audible.)

Websites

<https://nutritionfacts.org/> (Website of Michael Greger, MD)

- <https://nutritionfacts.org/video/the-effects-of-hormones-in-dairy-milk-on-cancer/>
- <https://nutritionfacts.org/video/dairy-and-cancer/>
- <https://nutritionfacts.org/video/is-milk-good-for-our-bones/>
- <https://nutritionfacts.org/video/is-cheese-really-bad-for-you/>
- <https://nutritionfacts.org/video/is-butter-really-back-what-the-science-says/>

<https://nutritionstudies.org/> (Website for the T. Colin Campbell Center for Nutrition Studies; Dr. Campbell is one of the authors of *The China Study* and a Professor Emeritus of Nutritional Biochemistry at Cornell University)

<https://awellfedworld.org/>

<http://www.dresselstyn.com/site/> (Website for Dr. Caldwell B. Esselstyn, Jr., a former internationally known surgeon, researcher and clinician at the Cleveland Clinic)