



Whole Food Plant-Based Eating Resources to Help You Live Well

Reference Books & Cookbooks

Book: *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health.* T. Colin Campbell, PhD, and Thomas M. Campbell II, MD

Book: *Prevent & Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition Based Cure.* Caldwell B. Esselstyn, Jr., MD

Book: *The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, & Gain Health.* Dean Ornish, MD

Book: *How Not To Die.* Michael Greger, MD, Gene Stone & *How Not To Diet.* Michael Greger, MD

Book: *Power Foods for the Brain., & Dr. Neal Barnard's Program for Reversing Diabetes.* Neal Barnard, MD

Book: *The Campbell Plan.* Thomas Campbell, MD

Book: *Plant-Based Nutrition, 2ed, Idiot's Guide.* Julieanna Hever, MS, RD, CPT, Raymond J Cronise

Book: **The Forks Over Knives Plan.* Alona Pulde, MD, Matthew Lederman, MD

Cookbook: **Straight up Food.* Cathy Fisher

Cookbook: **Minimalist Baker's Everyday Cooking.* Dana Shultz

Cookbook: **The Plant-Based Diet for Beginners.* Gabriel Miller

Cookbook: **How Not to Die Cookbook.* by Michael Gregor MD

Cookbook: *Plant-Powered Families.* Dreena Burton

Cookbook: **The PlantPower Way.* Rich Roll, Julie Piatt

Cookbook: **Plant-Based Wellness Cookbook.* Dulaney, et al.

Cookbook: **The No-Meat Athlete Cookbook.* Matt Frazier and Stephanie Romine.

Recipes & Meal Planning:

Kaiser Permanente's Food for Health Blog:

<https://about.kaiserpermanente.org/total-health/food-for-health>

Forks Over Knives: <https://www.forksoverknives.com>

21 Day Vegan Kickstart: <https://kickstart.pcrm.org/en>

Plant-Strong: <https://mealplanner.plantstrong.com/>

Eating Out/Food Delivery:

<https://www.happycow.net/>

<https://www.vrg.org/restaurant/California.php>

<https://www.veginout.com/pages/vegan-menu>

<https://www.plantpurenation.com/>

Websites for Further Research & Support:

<https://nutritionfacts.org/>

[SF Health Education Webpage - Healthy Cooking](#)

<https://nutritionstudies.org/>

<http://drfuhrman.com/>

<http://plantbasedresearch.org/>

<https://www.pcrm.org/good-nutrition>

<http://plantricianproject.org/>

<https://plantbaseddietitian.com/>

<http://www.dresselstyn.com/site/>

<http://healthyhearthealthyplanet.com/>

<http://www.wholefoodplantbasedrd.com/>

<https://www.healthpromoting.com/>

Movies & Documentaries:

Forks Over Knives

Eating You Live

What The Health

The Future of Food

The Game Changers

Plant Pure Nation

Cowspiracy

Food Inc.