

PLANT-BASED RESOURCES:

BOOKS

BELOW ARE BOOKS THAT PROVIDE INFORMATION ABOUT A PLANT BASED DIET

- [The Pleasure Trap, Dr. Douglas J. Lisle & Alan Goldhamer](#)
- The China Study, Dr. T. Colin Campbell
- Whole: Rethinking The Science of Nutrition, Dr. T. Colin Campbell
- How Not To Die, Dr. Michael Greger
- The Cheese Trap, Dr. Neal Barnard
- Breaking the Food Seduction, Dr. Neal Barnard
- Prevent & Reverse Heart Disease, Dr. Caldwell Esselstyn
- My Beef with Meat, Rip Esselstyn
- Food Over Medicine, Dr. Pamela Popper
- The Healthiest Diet on the Planet, Dr. John McDougall
- Forks Over Knives: The Plant-Based Way to Health, Gene Stone

COOKBOOKS

BELOW IS A LIST OF PLANT-BASED COOKBOOKS

These 3 cookbooks are by Dr. Esselstyn & his family:

- Engine 2 Cookbook
- Prevent and Reverse Heart Disease Cookbook

Cookbooks based on the work of Dr. T. Colin Campbell:

- The China Study All-Star Cookbook
- The China Study Quick & Easy Cookbook
- Plant Pure Nation Cookbook
- The China Study Family Cookbook

From the work of Dr. Michael Greger:

- [How Not To Die Cookbook](#)

From Dr. Joel Fuhrman:

- Eat to Live Cookbook
- The End of Dieting

From the work of Dr. Dean Ornish:

- Everyday Cooking with Dr. Dean Ornish
- Eat More, Weigh Less

Other Low-Fat-Plant-Based Cookbooks Include:

- [Forks Over Knives Cookbook](#)
- Forks Over Knives: Flavor!
- Isa Does It, by: Isa Chandra Moskowitz
- Appetite for Reduction, by: Isa Chandra Moskowitz
- Blissful Bites, by: Christy Morgan

[Plant Based Diet for beginners- Gabriel Miller](#)

Ashley Cotta, RDN, LDN
www.food4fueldietitian.com
food4fueldietitian@gmail.com
Instagram: @food4fueldietitian
Facebook: Food4FuelDietitian
YouTube: Food4Fuel Dietitian

WEBSITES

THE FOLLOWING WEBSITES HAVE SCIENTIFIC INFORMATION ABOUT PLANT-BASED DIETS, AS WELL AS PLANT-BASED RECIPES

www.nutritionfacts.org
www.nutritionstudies.org
www.forksoverknives.com
www.pcrm.org
www.engine2diet.com

DOCUMENTARIES

THESE ARE GREAT TO GET YOU STARTED ON HOW A PLANT BASED DIET CAN BENEFIT YOUR HEALTH, LOVED ONES, THE PLANET AND THE ANIMALS

- [Eating You Alive](#)
- [Forks Over Knives](#)
- What the Health
- Cowspiracy
- PlantPure Nation
- Vegucated
- Food Choices
- Planeat
- [Game Changers](#)
- Foods That Cure Disease (minus all the salt!!!)
- Food Choices

PODCASTS

NOT A FAN OF READING? TAKE A LISTEN THESE PODCASTS WHILE YOU'RE DRIVING, CLEANING OR EXERCISING!

- Nutrition Facts by Dr. Greger
- The Exam Room by The Physician's Committee
- Jami Dulaney MD Plant Based Wellness
- Veggie Doctor Radio by Dr. Cazorla-Lancaster
- Plant Strong by Rip Esselstyn
- [Fuel Yourself \(by me!\)](#)

MEAL SERVICES

WANT TO LIVE PLANT-BASED BUT DON'T KNOW YOUR WAY AROUND THE KITCHEN? CHECK OUT THESE MEAL PREP / MEAL KIT SERVICES

- [Mama Sezz](#) (All plant-based; has options for "sos free" (no salt, oil or added sugar))
- [Splendid Spoon](#)

[Favorites are highlighted](#)

Ashley Cotta, RDN, LDN
www.food4fueldietitian.com
food4fueldietitian@gmail.com
Instagram: @food4fueldietitian
Facebook: Food4FuelDietitian
YouTube: Food4Fuel Dietitian