

WELL-SEASONED RESOURCES

WHOLE FOOD, PLANT-BASED
EATING MADE EASY.



Books

THE CHINA STUDY

The connection between nutrition, heart disease, diabetes and cancer is too powerful to ignore. In the most comprehensive research study ever taken on the relationship between diet and the risk of developing disease, Dr. T. Colin Campbell cuts through the myths to reveal the truth about how food affects our health.

HOW NOT TO DIE

You have the power to prevent the top 15 leading causes of death in the U.S. Internationally-renowned nutrition expert, physician and founder of NutritionFacts.org, Dr. Michael Greger details which foods to eat and what lifestyle changes to make for a longer, healthier life.

PREVENT AND REVERSE HEART DISEASE

Have you been diagnosed with heart disease? The result of a 20-year groundbreaking nutritional study, Dr. Caldwell Esselstyn, leading researcher, surgeon and former clinician with the Cleveland Clinic, illustrates how a plant-based, oil-free diet can not only prevent your heart disease from progressing, it can also reverse its effects.

DR. NEAL BARNARD'S PROGRAM FOR REVERSING DIABETES

This step-by-step plan will help you reverse your type 2 diabetes and improve your health through a plant-based lifestyle, exercise and practical everyday advice. Dr. Barnard offers success stories, recipes and plenty of tools to make the life-changing choice to be medication-free.

VEGAN FOR LIFE

Have questions about a plant-based lifestyle? This comprehensive guide to plant-based nutrition addresses myths about the lifestyle and answers the commonly asked questions. Registered dietitians Jack Norris and Virginia Messina will help you on the path to living your healthiest life.

THE CHEESE TRAP

Cheese is addicting and it's also very dangerous to your health. Dr. Neal Barnard, internationally-recognized nutrition expert, explains why this food is harmful to our body and offers a comprehensive program to help us break the cycle, lose weight, gain energy and get healthy.

THE COMPLETE IDIOTS GUIDE TO PLANT-BASED NUTRITION

Julieanna Hever MS, RD, CPT makes living plant-based easy. The famed dietitian answers challenging questions about healthy eating and offers great advice and tips on getting the most from your new lifestyle.

FORKS OVER KNIVES PLAN

Alona Pulde, MD and Matthew Lederman, MD offer the prescription for a long and healthy life. Whether you're just getting started or already enjoying lots of fruits and veggies, this daily plan makes it easy to transition to the healthiest way of eating and even more importantly, to maintain it for life.

PROTEINAHOLIC

Dr. Garth Davis takes a closer look at how our obsession with and over-consumption of protein is damaging our health. He demonstrates that the plant-based diet contains ample protein for our body's daily needs and can actually protect our health.

THE PLANTRICIAN PROJECT QUICK START GUIDE AND PEDIATRIC QUICK START GUIDE

These guides are excellent sources of information to get you started. While the Quick Start Guide addresses general nutrition, the Pediatric Guide focuses on important topics around proper nutrition for children. The original guide is also available in Spanish. View online, download a free PDF or order hard copies at plantricianproject.org/quickstartguide

Websites

PCRM.ORG

If you're looking to keep up with the latest research findings and public policy on nutrition, the team of physicians, dietitians and scientists at the Physicians Committee for Responsible Medicine provide all the resources. They offer a free 21-day jumpstart program to help you get started.

NUTRITIONFACTS.ORG

Bringing together the latest global research, Dr. Michael Greger answers our common questions on almost 2,000 health and nutrition topics. Widely regarded as the best resource out there, Dr. Greger posts informational videos on his social media channels each day.

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Films

FORKS OVER KNIVES

Follow two well-known physicians as their research leads them to the same conclusion—our Standard American Diet (SAD) is killing us with chronic disease. By changing the food on our plate, we have control over our health and can treat, and even reverse many medical conditions.

WHAT THE HEALTH

There's a secret to preventing and reversing chronic disease — but the nation's top health organizations aren't sharing it. This documentary features leading experts and explores the link between consumption of animal products and poor health.

FOOD INC

This Oscar-nominated documentary takes a closer look at the U.S. food industry and the effect that animal agriculture has on both human health and the environment.

VEGUCATED

Follow 3 meat- and cheese-loving New Yorkers as they adopt a plant-based diet for 6 weeks as a way to improve their health.

THE GAME CHANGERS

Some of the world's most elite athletes, military, visionary scientists, cultural icons and everyday heroes describe their shared mission to create a seismic shift in the way we eat and live, and the impact it can have on both our health and our planet.

EATING YOU ALIVE

Leading health experts and celebrities help us understand that the foods we eat are the cause of the chronic diseases that are killing us. By changing what we put on our plate, we can save our lives—one bite at a time.

Cookbooks + Recipes

PLANT POWERED KITCHEN (plantpoweredkitchen.com)

As Mom to 3 hockey-playing daughters, Dreena Burton knows how to prepare nutritious plant-based meals that satisfy a hungry family. Don't be afraid to try her recipes, easily organized by category, searchable by ingredient and all delicious. Dreena has also published cookbooks including *Let Them Eat Vegan*, *Plant-Powered Families* and *Eat, Drink & Be Vegan*.

THE OH SHE GLOWS COOKBOOK Angela Liddon

This collection of over 100 mouthwatering recipes makes transitioning to a plant-based lifestyle easy and delicious. It's a must-have for anyone who is looking to cook healthy meals.

THE HAPPY HERBIVORE (happyherbivore.com)

Lindsay Nixon has created a blog and an amazing cookbook series. Both contain delicious plant-based recipes that will easily fit into our busy lifestyles and inspire us to get into the kitchen and try new dishes.

THE ENGINE2DIET (engine2diet.com)

Former firefighter Rip Esselstyn shows us how to adopt a whole food, plant-based lifestyle without sacrificing anything! He offers delicious recipes that help us maintain our energy and stamina, while preparing nutritious foods to change our health. Be sure to look at the events he hosts around the country.

FORKS OVER KNIVES (forksoverknives.com)

The go-to website for anyone interested in a plant-based lifestyle. From the same team that created the documentary film, this is the spot to find the #1 food and drink app with 200 recipes, up-to-date research from leading experts and inspirational stories of people who've changed their lives by changing their diet.

NUTRITION STRIPPED McKel Hill, MS, RDN

Filled with delicious and easy-to-make recipes, this cookbook helps us prepare healthy, plant-based meals with no processed ingredients.