

Cookbooks, Blogs, Websites, Books and Documentaries

Plant-based, no oil

Happy Herbivore Cookbook Series by Lindsay Nixon (all are great, quick and kid-friendly - this is fast and easy simple cooking)

Happy Herbivore Cookbook

Everyday Happy Herbivore (extremely fast recipes)

Happy Herbivore Abroad

Happy Herbivore Light and Lean

Happy Herbivore Holidays and Gatherings

Happy Herbivore Guide to Plant-Based Living (more of a how-to guide with a few recipes)

Plant Powered Families by Dreena Burton. She uses quite a few nuts, but her recipes are always yummy and pretty easy too.

Engine 2 Diet and **My Beef with Meat** by Rip Esselstyn - has lots of great educational info and recipes in the back. All of the recipes are so yummy. This is a great book for men!

Forks Over Knives: The Cookbook by Del Soutre

Forks Over Knives: Family by Alona Pulde, MD and Matthew Lederman, MD

The China Study Cookbook by Leann Campbell

The Plant Pure Nation Cookbook by Kim Campbell

The Prevent and Reverse Heart Disease Cookbook by Ann and Jane Esselstyn

Blogs and Websites

Daily videos on nutrition: **www.nutritionfacts.org** (Dr. Michael Greger)

Physicians Committee for Responsible Medicine: **www.PCRM.org**

NutritionMD.org: Food for Life Recipes for free!

PlantPoweredKitchen.com : Every recipe I've made by Dreena Burton is amazing!

DrMcdougall.com : Lots of great free information on eating a low-fat, whole-foods, plant-based diet, emphasizing starches. A plethora of free recipes found on the website.

VeggieFitKids.com: Dr. Yami's website! :)

<http://blog.fatfreevegan.com>

VeganRicha.com: not all are oil free, but I've successfully eliminated oil in all of the ones I have made. Recipes are creative and unique. very delicious. Lots of gluten-free options as well.

ohsheglows.com

Books for Further Reading

How Not to Die, Michael Greger, MD (Highly recommend, easy to read and funny!)

The China Study, T. Colin Campbell, PhD

Prevent and Reverse Heart Disease, Caldwell Esselstyn, MD

Diet for a New America, John Robbins

The Starch Solution, John McDougall, MD

Eat to Live, Joel Fuhrman, MD

Proteinaholic, Garth Davis, MD

DOCUMENTARIES

What the Health (2017)

Eating You Alive (2017)

Forks Over Knives (2011)

Plant Pure Nation (2015)

Vegucated (2010)

Food, Inc. (2008)

Food Matters (2008)

Supersize Me (2004)

Fat, Sick and Nearly Dead (2010)

On environmental issues

Cowspiracy (2014)

On ethics/compassion issues

Speciesism (2013) (viewer discretion advised)

Earthlings (2007) (viewer discretion advised)

The Cove (2009) (viewer discretion advised)

Local Involvement!

Vegetarians of Yakima (www.meetup.com/VoYakima and www.facebook.com/groups/VoYakima)