



# Food Preparation Education Resources

Below: A compilation of educational materials, produced by different organizations, with emphasis on how to prepare plant-based meals. Underlined items are hyperlinked to web sites. Items marked with an \* are not devoted exclusively to vegan topics.

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## BOOKS

1. [30 Minute Vegan](#) Mark Reinfeld and Jennifer Murray
2. [30 Minute Vegan Soup's On](#) Mark Reinfeld
3. [30 Minute Vegan's Taste of Europe](#) Mark Reinfeld
4. [30 Minute Vegan's Taste of the East](#) Mark Reinfeld and Jennifer Murray
5. [\\*Better Choices Cookbook](#) Rosalie Hurd and Frank Hurd MD
6. [Bravo!](#) Ramses Bravo
7. [Bravo Express!](#) Ramses Bravo
8. [Change Cookbook](#) Milan Ross and Scott Stoll MD
9. [China Study All Star Collection](#) LeAnne Campbell
10. [Dr. Neal Barnard's Reversing Diabetes Cookbook](#) Neal Barnard MD and Dreena Burton
11. [Forks over Knives: The Cookbook](#) Del Sroufe
12. [Future of Nutrition](#) T. Colin Campbell PhD and Nelson Disla
13. [Going Raw](#) Judita Wignall
14. [Health Promoting Cookbook](#) Alan Goldhamer DC
15. [Healthiest Diet on the Planet](#) John and Mary McDougall
16. [Healthy Japanese Cooking](#) Hiroku Fukuhara
17. [Homemade Vegan Pantry](#) Miyoko Schinner
18. [How Not to Die Cookbook](#) Michael Greger MD with Gene Stone
19. [How Not to Diet](#) Michael Greger MD
20. [Instead of Chicken, Instead of Turkey](#) (cookbook) Karen Davis PhD
21. [Kick Diabetes Cookbook](#) Brenda Davis RD and Vesanto Melina RD
22. [Live Fresh Recipes with Vitamix](#)
23. [Living Cuisine](#) Renee Underkoffler
24. [Living with Greenstar](#) Elysa Markowitz
25. [New McDougall Cookbook](#) John McDougall, MD, and Mary McDougall
26. [Nourish](#) Reshma Shah MD MPH and Brenda Davis RD
27. [Oh She Glows Everyday](#) Angela Liddon
28. [Pacific Northwest Foraging](#) Douglas Deur
29. [Plant Based India](#) Sheil Shukla DO
30. [Plant Pure Nation Cookbook](#) Kim Campbell
31. [Prevent and Reverse Heart Disease Cookbook](#) Ann Crile and Jane Esselstyn
32. [Rainbow Green Live-Food Cuisine](#) Gabriel Cousens MD
33. [Raw Food Revolution Diet](#) Cherie Soria, Brenda Davis RD, Vesanto Melina RD
34. [Sensational Salads to Cool the Earth](#) Rev. Beth Love
35. [Simple Recipes for Joy](#) Sharon Gannon
36. [Sprouting Book](#) Ann Wigmore
37. [Straight Up Food Cookbook](#) Cathy Fisher
38. [\\*Ten Talents Cookbook](#) Rosalie Hurd and Frank Hurd MD
39. [Tofu Cookery](#) Louise Hagler
40. [Uncooking with Raw Rose](#) Rose Vasile
41. [Vegan Fusion World Cuisine](#) Mark Reinfeld and Bo Rinaldi
42. [Wheatgrass Book](#) Ann Wigmore
43. [Wild Edibles – A Practical Guide to Foraging](#) Sergei Boutenko
44. [\\*Wild Fermentation](#) Sandor Katz

## BOOKS (Free)

1. [Gluten Free Vegan Cookbooks \("A Taste of Vitality" and "Desserts of Vitality"\)](#) Mark Foy
2. [Food Poisoning Colour Picture Book](#) John McDougall MD
3. [Healthy Heart Handbook](#) Neal Pinckney PhD
4. [Hygeian Home Cook-Book; Healthful and Palatable Food Without Condiments](#) R.T. Trall MD (1874)

## CHILDREN

1. ARTICLE: [Can Diet Affect the Onset of Early Puberty?](#) Linda Carney MD
2. ARTICLE: [Core Concepts for Growing Plant-based Children](#) Reshma Shah MD and Brenda Davis RD
3. ARTICLE: [Diet, Children, and the Future](#) John McDougall MD
4. ARTICLE: [Diet-Induced Precocious Puberty](#) John McDougall MD
5. ARTICLE: [Disease-Proof Your Child Through Nutritional Excellence](#) Joel Fuhrman MD
6. ARTICLE: [Effects of Soda and Low-nutrient Foods on Childrens' Behaviour](#) Joel Fuhrman MD
7. ARTICLE: [Essential Resource for Pregnant Vegans](#) Ginny Messina RD
8. ARTICLE: [Five Tips to Help Your Vegan Kid Thrive in School](#) PETA Kids
9. ARTICLE: [Fortified Soy Milk is Healthy Alternative to Cow's Milk for Toddlers](#) Ginny Messina RD
10. ARTICLE: [Getting Young Children to Eat Healthy](#) Benjamin Spock MD
11. ARTICLE: [Health Consequences for Children Who Consume Standard American Diet](#) Linda Carney MD
12. ARTICLE: [Healthy Snacks for Kids](#) PCRM
13. ARTICLE: [How to Feed an Infant a Vegan Diet](#) Reed Mangels PhD
14. ARTICLE: [How to Feed a Vegan Teenager](#) Reed Mangels PhD
15. ARTICLE: [How to Feed Vegan Kids](#) Reed Mangels PhD
16. ARTICLE: [How to Raise Vegan Kids](#) Happy Herbivore
17. ARTICLE: [How to Teach Children Plant-Based Cooking Skills](#) Ana Gray
18. ARTICLE: [McDougall Diet for Pregnancy](#) John McDougall MD
19. ARTICLE: [Most Pervasive Form of Child Abuse](#) Rev. Will Tuttle PhD
20. ARTICLE: [Parents Raising Vegan Babies](#) *The Guardian*
21. ARTICLE: [Plant-based Diets for Children – Right from the Start](#) Neal Barnard MD
22. ARTICLE: [Plant-based Eating for Kids](#) Plant Plate
23. ARTICLE: [Plant-based Kids](#) My Plant-based Family
24. ARTICLE: [Plant Strong Kids](#) Engine 2 Diet
25. ARTICLE: [Preventing and Treating ADHD in Children](#) Joel Fuhrman MD
26. ARTICLE: [Raising Children on a Plant-based Diet](#) Naked Food Magazine
27. ARTICLE: [Raising Compassionate Children](#) Clare Mann
28. ARTICLE: [Raising a Quasi Nutritarian Teenager](#) Lisa Fuhrman
29. ARTICLE: [Safety of Vegan Diets for Babies](#) Ginny Messina RD
30. ARTICLE: [Selecting Baby Formula](#) Brenda Davis RD
31. ARTICLE: [Seven Plant-based Family Tips](#) T. Colin Campbell Center for Nutrition Studies
32. ARTICLE: [Share Healthy Habits with Your Children](#) Joel Fuhrman MD
33. ARTICLE: [Standard American Diet is Shortening Childrens' Lives](#) Joel Fuhrman MD
34. ARTICLE: [Tips for a Healthy Halloween](#) Joel Fuhrman MD
35. ARTICLE: [Turning Children Onto Vegetables](#) Brenda Davis RD
36. ARTICLE: [Vegan Nutrition in Pregnancy](#) Reed Mangels PhD
37. ARTICLE: [Vegetarian Diets – Advantages for Children](#) PCRM
38. ARTICLE: [Vegetarian Diets for Children – Right from the Start](#) PCRM
39. ARTICLE: [Vegetarian Diets for Pregnancy](#) PCRM
40. ARTICLE: [Weight Gain in Vegan Toddlers](#) Brenda Davis RD
41. ARTICLE: [Where Do Our Tastebuds Begin?](#) Plant Pure Nation
42. ARTICLE: [Wholesome Baby Foods from Scratch](#) Karna Peterson RD
43. BOOK: [Becoming Vegan – Comprehensive Edition](#) Brenda Davis RD and Vesanto Melina RD

44. \*BOOK: [Can You Hear the Trees Talking? Discovering the Hidden Life of the Forest](#) Peter Wohlleben
45. BOOK: [Conscious Parenting](#) Gabriel Cousens MD
46. BOOK: [Disease Proof Your Child](#) Joel Fuhrman MD
47. BOOK: [Everything Vegan Pregnancy Book](#) Reed Mangels PhD
48. BOOK: [Forks Over Knives Family](#) Alona Pulde MD and Matthew Lederman MD
49. BOOK: [God Takes Care of Everything](#) Supreme Master Ching Hai (Free Download, children's book)
50. BOOK: [Healthy Eating for Life for Children](#) Amy Lanou PhD
51. BOOK: [Native American Children's Cooking Curriculum Ages 5-15](#) Chef Lois Ellen Frank PhD (PCRM) (Free Download)
52. BOOK: [Our Animal Neighbours](#) Matthieu Ricard, Jason Gruhl, Becca Hall
53. BOOK: \*[Peter and the Tree Children](#) Peter Wohlleben
54. BOOK: [Raising Vegetarian Children](#) Joanne Stepaniak MEd and Vesanto Melina RD
55. BOOK: [Stephen the Vegan](#) (children's book) Bodenstein and Robrahn
56. BOOK: [Vegan Holiday](#) (children's book) Courtney Hufer
57. BOOK: [Vegan I Am: Colouring Book with Recipes, Activities and Resource Guide](#) Erinn Sneed
58. BOOK: [Vegan Mom To Be](#) Wendy Louise Hagler
59. BOOK: [Vegan Nutrition for Pregnancy and Breastfeeding](#) Vesanto Melina RD & Brenda Davis RD
60. BOOK: [Vegan Pregnancy Survival Guide](#) Sayward Rebhal
61. BOOK: [Your Vegetarian Pregnancy](#) Holly Robers DO
62. BOOK SERIES: [Mitch Spinach](#) book series for children aged 3-10. Dr. Joel Fuhrman MD
63. BOOKS: [Vegan Children's Books](#) Maritza Oliver
64. BOOKS: [Vegan Children's Books](#) Ruby Roth
65. COLOURING BOOK: [Christian Vegetarian Association Colouring Book](#)
66. COLOURING BOOK: [God's Garden Friends](#) Dr. Scott and Kristen Stoll
67. BROCHURE: [Children and a Vegetarian Diet](#) Earthsave
68. PAMPHLET: [Nutrition for Kids](#) PCRM
69. VIDEO: [Pregnancy and Children](#) (66 min.) John McDougall MD
70. VIDEO: [Raising a Vegan Generation](#) (15 min.) Andy Mars PhD (Supreme Master TV)
71. VIDEO: [Raising a Vegan Generation](#) (54 min.) Andy Mars PhD (San Francisco Vegetarian Society)
72. VIDEO: [Raising Vegan Children and Homeschooling](#) (86 min.) Animal Rights Academy
73. VIDEO: [Tricks to Get Children to Eat Healthier](#) (4 min.) NutritionFacts.Org
74. VIDEO PORTAL: [Kids' Wonderland Shows for kids.](#) (Supreme Master TV)
75. WEB PORTAL: [United Poultry Concerns Educational materials for children.](#)
76. WEB PORTAL: [Bless the Children Support group for vegan foster children.](#)
77. WEB PORTAL: [Children's Health: Disease-proof your children through nutritional excellence](#) Joel Fuhrman MD
78. WEB PORTAL: [Christian Vegetarian Association](#)
79. WEB PORTAL: [Copy Kids](#)
80. WEB PORTAL: [Healthy Families](#) PCRM
81. WEB PORTAL: [PETA Kids](#)
82. WEB PORTAL: [Plantrician Project](#)
83. WEB PORTAL: [Positive Vegan Parenting](#)
84. WEB PORTAL: [Pregnancy and Children](#) John McDougall MD
85. WEB PORTAL: [Raise Vegan](#)
86. WEB PORTAL: [Raising Veg Kids](#)
87. WEB PORTAL: [Super Healthy Children](#) Karen Ranzi *Tips for vegan families.*
88. WEB PORTAL: [Veg Family](#)
89. WEB PORTAL: [Vegan Evan](#) *Blog created by a 7-year old vegan.*
90. WEB PORTAL: [Vegan Mom](#) *Blog that offers resources for vegan families.*
91. WEB PORTAL: [Vegan Momma](#) *Support group for vegan mothers.*
92. WEB PORTAL: [Vegetarian Kids, Teens & Family](#) Vegetarian Resource Group

## CLASSES for General Public

1. [2-Forks Immersion Retreats](#)
2. [Cooking Healthy Lessons](#)
3. [Culinary Gym](#) (Online)
4. [Deliciously Raw](#) (Online)
5. [Dr. Fuhrman's Health Immersions](#)
6. [Dr. McDougall's 10-Day Health Program](#) (Santa Rosa, CA)
7. [Feed Life](#) (Vancouver)
8. [Food Choices Academy for Health Studies](#) (Online) Dr. Pam Popper ND
9. [Forks Over Knives](#) (Online)
10. [George Washington University School of Medicine and Health Sciences Nutrition Continuing Education Credits](#) (for Health Professionals)
11. [Gentle Gourmet Intitute](#) 4-Week Vegan Cuisine Certification Program
12. [Hippocrates Health Institute](#)
13. [Kind Earth Kitchen](#) Vegan Cooking Series (Anastasia Eden)
14. [Learn Raw Food](#) (Jennifer Cornbleet - Online)
15. [Live Online Vegan E-Course](#) (FREE!)
16. [Living Light Culinary Arts Institute](#)
17. [Newstart Lifestyle Programs](#) (Weimar, CA)
18. [Nutrition for a Healthy Heart](#) T. Colin Campbell Foundation and eCornell
19. [PCRM Kickstart](#) (FREE! International)
20. [Plant-Based Living Series](#) NutritionFacts.org (Free online weekly email series)
21. [Plant Fed Gut Masterclass](#) (Online) Will Bulsiewicz MD
22. [Plantzst Recipe Club](#) (Online)
23. [Pure Joy Planet](#) (Online)
24. [Ramses Bravo PB](#) (Online)
25. [Raw Chef](#) (Online)
26. [Raw Rose](#)
27. [Revive Medicine](#) (Victoria)
28. [Rouxbe](#)
29. [Super Immunity with Joel Fuhrman MD](#)
30. [Sustainable Diet](#) (online)
31. [The Farm Vegan Cooking Workshops](#) (Tennessee)
32. [Tree of Life Rejuvenation Center Live Food Workshops](#) (Patagonia, Arizona)
33. [True North Health Center Cooking Classes](#) (Santa Rosa, CA)
34. [Vegan Cooking Workshop](#)
35. [Vegan Fusion Cuisine 5 & 10 Day Immersions](#)
36. [Vegan Nutrition Mastery Program](#) (online) Veg Health Institute
37. [Victoria Healthy People](#) (Victoria, BC)
38. [Whole Food Plant Based](#) (online certification program in nutrition, culinary medicine and sustainable gastronomy)

## CLASSES for Teachers

1. [Certificate in Plant-Based Nutrition](#) T. Colin Campbell Foundation and eCornell
2. [CHIP Health Facilitator Training](#)
3. [Depression Recovery Trainer Program](#) Nedley Health Solutions
4. [Food Safe BC Food Safety Classes](#)
5. [Hippocrates Health Educator Program](#)
6. [Mastering Raw Food Nutrition](#)
7. [Nutritional Education Trainer Certification Program](#) Nutritional Education Institute
8. [PCRM Continuing Medical Education for Health Care Professionals](#)
9. [PCRM Food For Life Certification Program](#)
10. [Plant-based Professional Certification Course](#) Chef Chad Sarno
11. [Raw Vegan Coaching Certification](#) Karen Ranzi
12. [Starch Solution Certification Course](#) John McDougall MD
13. [Vegan Fusion Teacher Training](#)

14. [Vegan Nutrition Certification Program](#) (online) Veg Health Institute
15. [World Peace Diet Facilitator Training](#)

## DVDs for Purchase

1. [Eating Like a Nutritarian](#) Joel Fuhrman MD
16. [Fast Food Vol. 1: The Basics](#) Jeff Novick RD
17. [Fast Food Vol. 2: Burgers and Fries](#) Jeff Novick RD
18. [Fast Food Vol. 3: Shopping School](#) Jeff Novick RD
2. [Fast Food Vol. 4: Beyond the Basics](#) Jeff Novick RD
3. [Healthy Cooking Made Easy & Delicious](#) Jill Harrington
4. [McDougall Made Easy](#) John McDougall MD & Mary McDougall
5. [McDougall Made Irresistible](#) John McDougall MD & Mary McDougall
6. [Secrets to Healthy Cooking](#) Joel Fuhrman MD

## NEWSGROUPS (Vegan – online)

The number of vegan newsgroups, that share information and resources for people interested in plant-based lifestyles, increases every year. Below is a sampling of web pages to which you can subscribe to free online newsgroups.

### General

1. [Carnism Awareness and Action Network Newsletter](#)
2. [Engine 2 Newsletter](#)
3. [Food Empowerment Project Alerts](#)
4. [Golden Banana Newsletter](#)
5. [Hallelujah Acres Health News Magazine](#)
6. [Hallelujah Acres Health News Weekly](#)
7. [Jane Unchained News Network](#)
8. [Latest Vegan News](#)
9. [Live Kindly](#)
10. [Moozine](#)
11. [One Green Planet](#)
12. [Plant-based News](#)
13. [Plant Strong Club](#) (blog) Cathy Christian
14. [This Vegan Life](#)
15. [Vancouver Island Vegan Association](#)
16. [Vegan Herald](#)
17. [Vegan Life Magazine](#)
18. [Vegan Review](#)
19. [Vegan Sustainability Magazine](#)
20. [Vegconomist](#)
21. [Vegetarian Resource Group Blog](#)
22. [VegNews](#)
23. [Vegetarian Friends](#)
24. [Vegetarian Society of Hawaii Newsletter](#)
25. [Victoria VegEd Quarterly Info Letter](#)
26. [What's Cooking Bulletin by Dr. Joel Fuhrman](#)
27. [World of Consciousness](#)

## Health

1. [Complete Health Improvement Program \(CHIP\) Healthy Lifestyle Tips Newsletter](#)
2. [Disease Proof – Dr. Joel Fuhrman's Blog](#)
3. [Dr. John McDougall's Newsletter](#)
4. [Dr. Michael Klaper's Mailing List](#)
5. [Dr. Nedley Health Solutions Newsletter](#)
6. [Ecopolitan Newsletter](#)
7. [Newstart Lifestyle Club Newsletter](#)
8. [Nutrition Facts Newsletter](#)
9. [Oasis of Healing Blog](#)
10. [Perfect Formula Diet and Nutrition Updates](#)
11. [Physicians Committee for Responsible Medicine \(PCRM\) Newsletters](#)
12. [T. Colin Campbell Center for Nutrition Studies Newsletter](#)
13. [T. Colin Campbell Foundation Newsletter](#)
14. [Tree of Life Rejuvenation Center Newsletter](#)
15. [True North Health Clinic Newsletter](#)
16. [Victoria Healthy People](#)

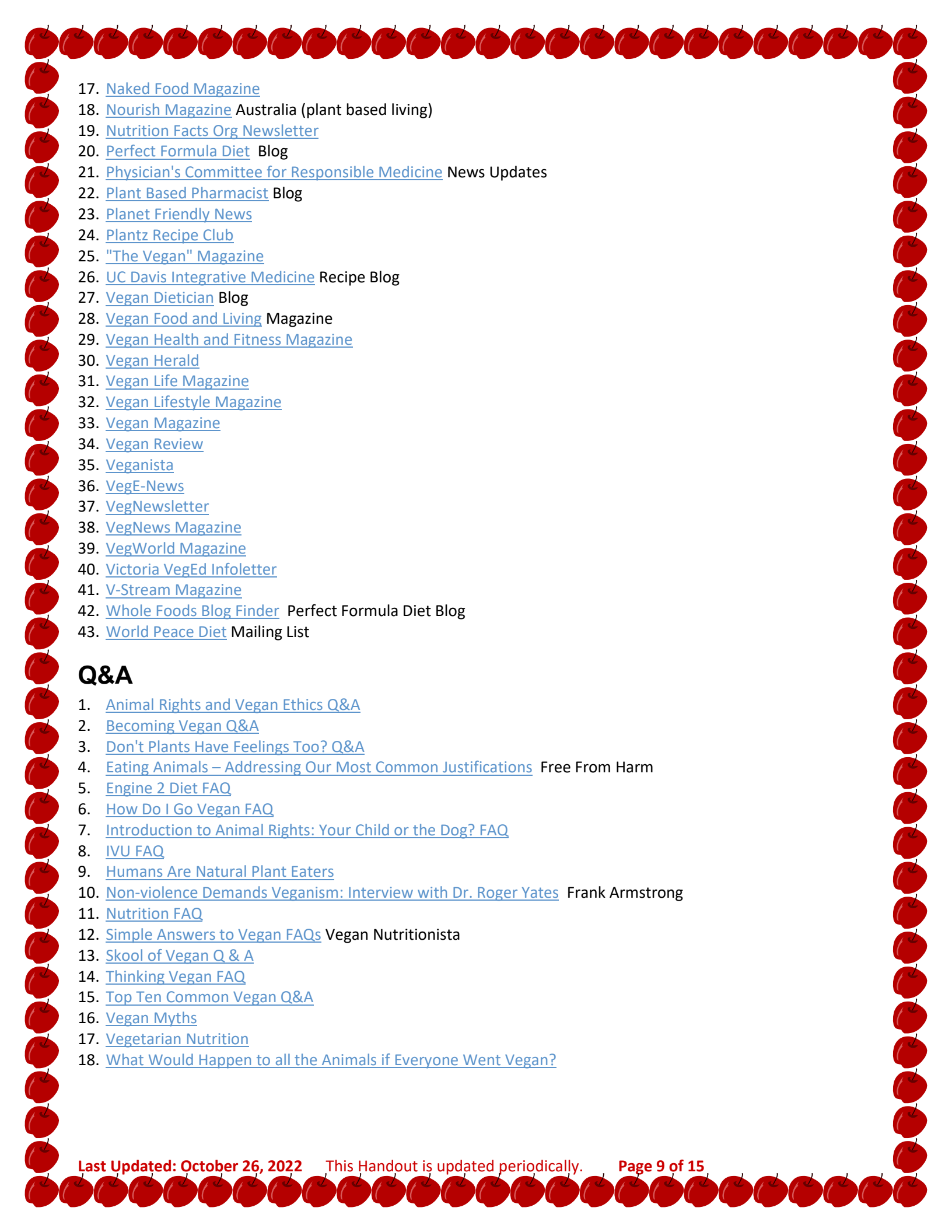
## NUTRIENTS, INGREDIENTS and Food Trackers

1. [A Day on the Hallelujah Diet](#)
2. [Aquafaba Recipes](#) Pauline Osen
3. [African Heritage Power Plate](#) PCRM
4. [Basic Guidelines for Healthy Eating](#)
5. [Basics of Nutritarian Cooking](#)
6. [Bean and Grain Cooking Chart](#) Delectable Planet
7. [Becoming Vegan](#) Vesanto Melina RD, and Brenda Davis RD
8. [Chemical Residues in Foods - Reports](#) Canadian Food Inspection Agency
9. [Cooking Substitutions](#)
10. [Cooking Without Oil](#) T Colin Campbell Center for Nutrition Studies
11. [Cronometer](#) Food Nutrient Tracker
12. [Dietary Reference Intakes](#) (Canada)
13. [Dietary Reference Intakes](#) (USA)
14. [Eat Weeds?](#) Sergei Boutenko
15. [Eating Guidelines for Vegans](#) Dieticians of Canada
16. [eaTracker](#)
17. [Food Labels](#) (Government of Canada)
18. [Food Labelling Chaos Report](#)
19. [FoodWatch](#)
20. [Guide to Food Ingredients](#) Vegetarian Resource Group
21. [Health Supporting Eating Plan](#) Michael Klaper MD
22. [Healthy Grocery List](#) Scott Stoll MD
23. [How to Cook Without Oil](#) Darshana Thacker
24. [How to Get Your Vitamin D From Mushrooms](#) Josh Wayne MSW MPH
25. [How to Read Nutrition Labels](#)
26. [Ingredients to Avoid](#) Happy Cow
27. [Introduction to Whole Food, Plant-Based, SOS-Free Diet](#) Alan Goldhamer DC and Toshia Myers PhD
28. [\\*Linus Pauling Institute Micronutrient Information Center](#)
29. [Maximum Nutrition](#) Michael Greger MD
30. [Micronutrient Information Center](#) Linus Pauling Institute (Oregon State University)

31. [Nine Food Label Lies](#)
32. [Nutrient Sources \(Protein, Calcium, Iron, etc.\)](#) Soystache
33. [Nutrition Facts](#)
34. [Nutrition Tips](#)
35. [Optimum Nutrition Requirements](#) Michael Greger MD
36. [PCRM Ingredient Substitution Chart](#)
37. [Plant Plate](#) Ginny Messina RD
38. [Plant-based Diet Booklet](#) Kaiser Permanente
39. [Plant-based Plate](#) Reshma Shah MD and Brenda Davis RD
40. [Post Harvest Handling of Mangos](#) (powerpoint presentation)
41. [Power Plate](#) PCRM
42. [Prepare and Preserve Ginger and Garlic](#) Vegan Lovlie
43. [Resolving Corruption: How to "Reboot" Your Brain so that Healthy Eating is Preferred](#)
44. [SOS-Free Vegan Restaurant Card](#) Nathan Gershfeld DC
45. [Substitutes for Fat Free Cooking](#) Fat Free Vegan
46. [Understanding Food Labels](#)
47. [Ultimate Vegan Baking Cheat Sheet](#)
48. [Universal Meal Guidelines: Foods Everyone Can Enjoy](#) PCRM
49. [USDA Food Composition Databases](#)
50. [USDA Reports by Single Nutrients](#)
51. [Vegan Baking Substitutions Guide](#)
52. [Vegan Emergency Food Guide](#) Food For Life Global
53. [Vegan Food Pyramid](#)
54. [Vegan Ingredient Substitution Chart](#) PCRM
55. [Vegan Plate Food Guide](#) Becoming Vegan
56. [Veg-E News Food Glossary](#)
57. [Vegetarian Journal Guide to Food Ingredients](#)
58. [Vegetarian Nutrition – Six Stumbling Blocks](#) Becoming Vegan
59. [Well Stocked Pantry and Fridge](#) Robyn Chuter ND (Empower Total Health)
60. [What to Eat](#) Alan Goldhamer DC
61. [Whole Foods, Plant-based Guide](#) T. Colin Campbell Center for Nutrition Studies
62. [Why Vegetable Mineral Broth Is Healthier than Bone Broth](#) Marlene Watson-Tara
63. [Your Transition to Healthful Eating](#)

## PERIODICALS

1. [BC Vegan Magazine](#)
2. [Compassion Magazine](#) (India)
3. [Cook Vegan Magazine](#)
4. [Disease Prevention and Reversal Digest](#) Plantrician Project
5. [Dr. Barnard's Blog](#)
6. [Dr. Fuhrman's Newsletter](#)
7. [Dr. Klaper's Newsletter](#)
8. [Dr. McDougall's Newsletter](#)
9. [Driftwood Magazine](#) (vegan travel and culture magazine)
10. [Food Pharmacy Newsletter](#)
11. [Happy Cow Moozine](#)
12. [\\*Impact Magazine](#) (Canadian vegan friendly fitness oriented magazine)
13. [La Fashionista Compassionista](#) (vegan fashion magazine)
14. [Laika Magazine](#) (vegan lifestyle magazine)
15. [Living Aloha](#) Archive (Maui)
16. [Meat Your Future](#) Blog

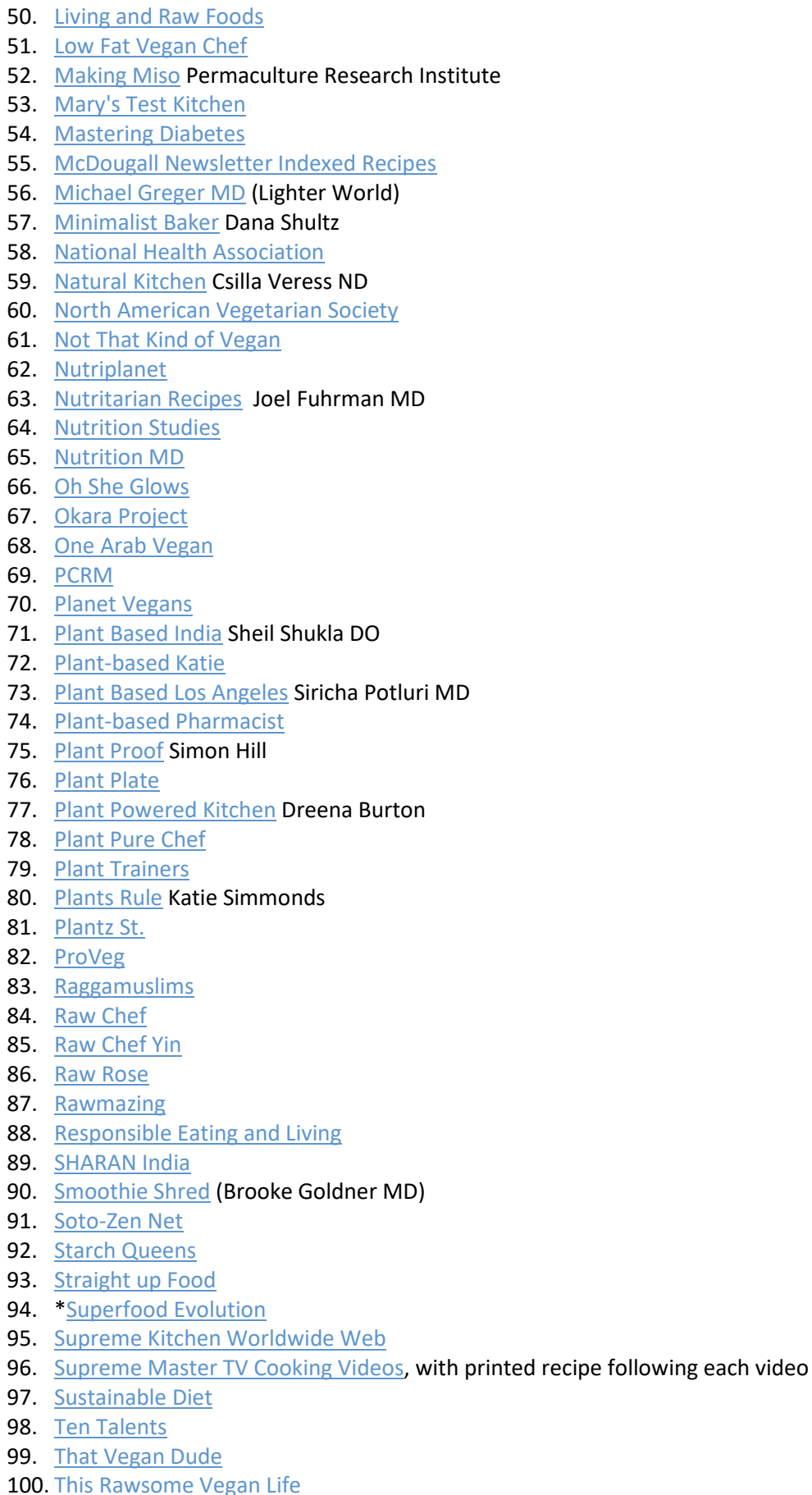
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17. [Naked Food Magazine](#)
  18. [Nourish Magazine](#) Australia (plant based living)
  19. [Nutrition Facts Org Newsletter](#)
  20. [Perfect Formula Diet](#) Blog
  21. [Physician's Committee for Responsible Medicine](#) News Updates
  22. [Plant Based Pharmacist](#) Blog
  23. [Planet Friendly News](#)
  24. [Plantz Recipe Club](#)
  25. ["The Vegan" Magazine](#)
  26. [UC Davis Integrative Medicine](#) Recipe Blog
  27. [Vegan Dietician](#) Blog
  28. [Vegan Food and Living](#) Magazine
  29. [Vegan Health and Fitness Magazine](#)
  30. [Vegan Herald](#)
  31. [Vegan Life Magazine](#)
  32. [Vegan Lifestyle Magazine](#)
  33. [Vegan Magazine](#)
  34. [Vegan Review](#)
  35. [Veganista](#)
  36. [VegE-News](#)
  37. [VegNewsletter](#)
  38. [VegNews Magazine](#)
  39. [VegWorld Magazine](#)
  40. [Victoria VegEd Infoletter](#)
  41. [V-Stream Magazine](#)
  42. [Whole Foods Blog Finder](#) Perfect Formula Diet Blog
  43. [World Peace Diet](#) Mailing List

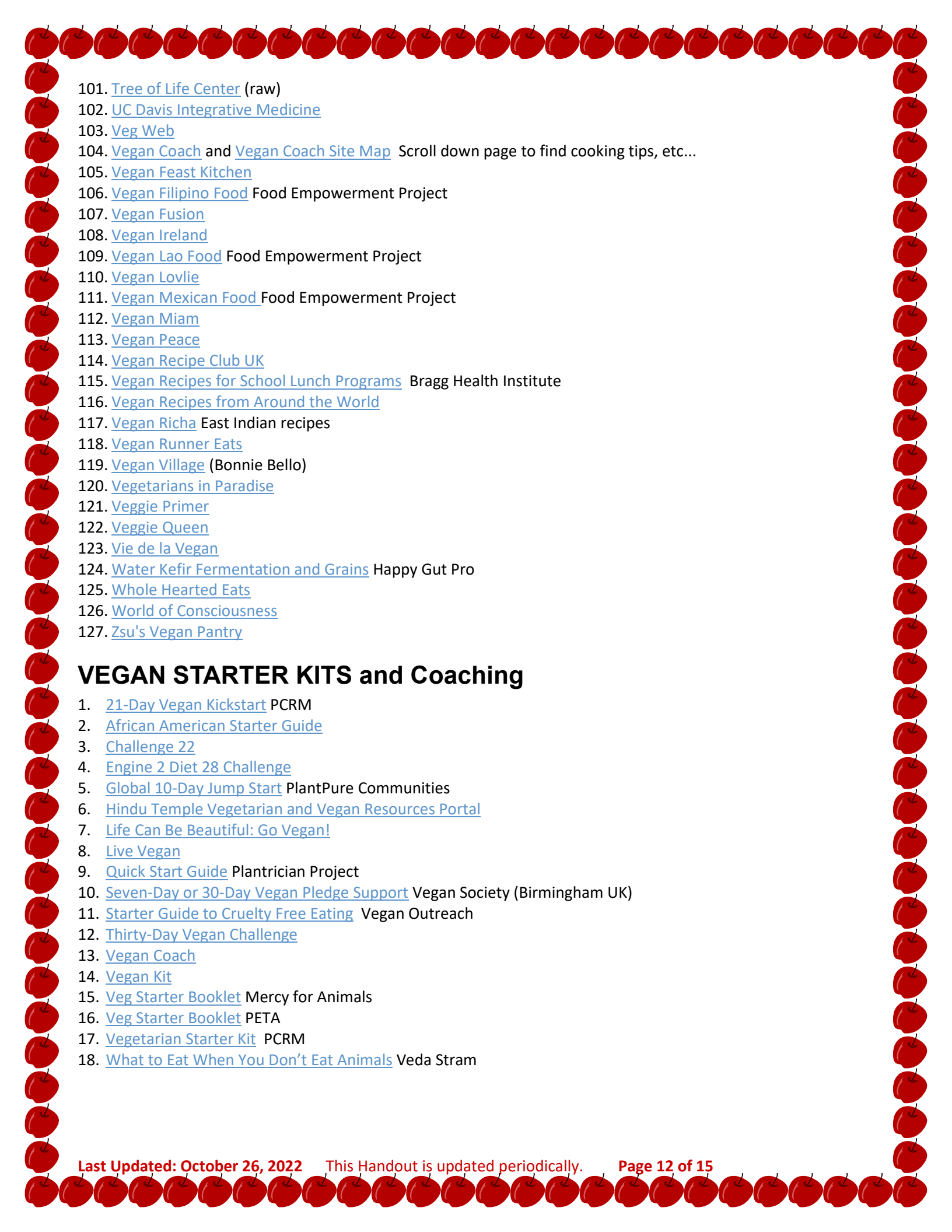
## Q&A

1. [Animal Rights and Vegan Ethics Q&A](#)
2. [Becoming Vegan Q&A](#)
3. [Don't Plants Have Feelings Too? Q&A](#)
4. [Eating Animals – Addressing Our Most Common Justifications](#) Free From Harm
5. [Engine 2 Diet FAQ](#)
6. [How Do I Go Vegan FAQ](#)
7. [Introduction to Animal Rights: Your Child or the Dog? FAQ](#)
8. [IVU FAQ](#)
9. [Humans Are Natural Plant Eaters](#)
10. [Non-violence Demands Veganism: Interview with Dr. Roger Yates](#) Frank Armstrong
11. [Nutrition FAQ](#)
12. [Simple Answers to Vegan FAQs](#) Vegan Nutritionista
13. [Skool of Vegan Q & A](#)
14. [Thinking Vegan FAQ](#)
15. [Top Ten Common Vegan Q&A](#)
16. [Vegan Myths](#)
17. [Vegetarian Nutrition](#)
18. [What Would Happen to all the Animals if Everyone Went Vegan?](#)

# RECIPES

1. [Afro-Vegan Society](#)
2. [All-Creatures.Org Recipes](#)
3. [Amanda Nicole Smith](#)
4. [Asian Vegan](#)
5. [Berkeley Buddhist Monastery](#)
6. [Brand New Vegan](#) (Chuck Underwood)
7. [Brenda Davis RD](#)
8. [Buddha Gate Monastery](#)
9. [Buddhist Chef](#) Jean-Phillipe Cyr
10. [By Any Greens Necessary](#) (Tracye McQuirter)
11. [Canadian African](#) (Afia Amoako)
12. [Chef Ramses Bravo](#)
13. [Compassionate Road](#)
14. [Complete Guide to Home Canning](#) United States Department of Agriculture
15. [Cooking with Plants](#)
16. [Culinary Gym](#) (Katie Mae)
17. [Darshana's Kitchen](#)
18. [Deliciously Raw Kitchen](#) (Deborah Durrant)
19. [Eat Plant-Based](#)
20. [Empower Total Health](#)
21. [Exceedingly Vegan](#)
22. [FatFree Vegan](#) John McDougall MD
23. [Feed Life](#)
24. [Food for Life](#) PCRM
25. [Forks over Knives](#)
26. [Get2Root Health and Wellness](#)
27. [Gift of Health](#)
28. [Hadar Aviram](#)
29. [Hallelujah Diet](#)
30. [Happy Herbivore](#) (Lindsay Nixon)
31. [Healing Heart Foundation](#) (Neal Pinckney PhD)
32. [Healthy Human Revolution](#) (Laurie Marbas MD)
33. [Hippocrates Institute](#)
34. [Homemade Chickpea Miso](#) Superfood Evolution
35. [How to Make Soy Yogurt Using Water Kefir Grains](#) Michelle Felt
36. [International Vegetarian Union](#)
37. [Intuitive Cooking](#) Madeleine Tuttle
38. [Jewish Veg](#)
39. [JoAnn Farb](#)
40. [John Pierre](#)
41. [Judy Fleming](#) (Hallelujah Acres Canada)
42. [Julia's Vegan Kitchen](#)
43. [Kind Earth](#)
44. [Korean Vegan](#)
45. [Kris Karr](#)
46. [Lean and Clean](#) Juliya Novolt
47. [Learn Raw Food](#) Jennifer Cornbleet
48. [Leaves of Life](#)
49. [Life and Health](#)

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50. [Living and Raw Foods](#)
  51. [Low Fat Vegan Chef](#)
  52. [Making Miso](#) Permaculture Research Institute
  53. [Mary's Test Kitchen](#)
  54. [Mastering Diabetes](#)
  55. [McDougall Newsletter Indexed Recipes](#)
  56. [Michael Greger MD](#) (Lighter World)
  57. [Minimalist Baker](#) Dana Shultz
  58. [National Health Association](#)
  59. [Natural Kitchen](#) Csilla Veress ND
  60. [North American Vegetarian Society](#)
  61. [Not That Kind of Vegan](#)
  62. [Nutriplanet](#)
  63. [Nutritarian Recipes](#) Joel Fuhrman MD
  64. [Nutrition Studies](#)
  65. [Nutrition MD](#)
  66. [Oh She Glows](#)
  67. [Okara Project](#)
  68. [One Arab Vegan](#)
  69. [PCRM](#)
  70. [Planet Vegans](#)
  71. [Plant Based India](#) Sheil Shukla DO
  72. [Plant-based Katie](#)
  73. [Plant Based Los Angeles](#) Siricha Potluri MD
  74. [Plant-based Pharmacist](#)
  75. [Plant Proof](#) Simon Hill
  76. [Plant Plate](#)
  77. [Plant Powered Kitchen](#) Dreena Burton
  78. [Plant Pure Chef](#)
  79. [Plant Trainers](#)
  80. [Plants Rule](#) Katie Simmonds
  81. [Plantz St.](#)
  82. [ProVeg](#)
  83. [Raggamuslims](#)
  84. [Raw Chef](#)
  85. [Raw Chef Yin](#)
  86. [Raw Rose](#)
  87. [Rawmazing](#)
  88. [Responsible Eating and Living](#)
  89. [SHARAN India](#)
  90. [Smoothie Shred](#) (Brooke Goldner MD)
  91. [Soto-Zen Net](#)
  92. [Starch Queens](#)
  93. [Straight up Food](#)
  94. [\\*Superfood Evolution](#)
  95. [Supreme Kitchen Worldwide Web](#)
  96. [Supreme Master TV Cooking Videos](#), with printed recipe following each video
  97. [Sustainable Diet](#)
  98. [Ten Talents](#)
  99. [That Vegan Dude](#)
  100. [This Rawsome Vegan Life](#)

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101. [Tree of Life Center](#) (raw)
  102. [UC Davis Integrative Medicine](#)
  103. [Veg Web](#)
  104. [Vegan Coach](#) and [Vegan Coach Site Map](#) Scroll down page to find cooking tips, etc...
  105. [Vegan Feast Kitchen](#)
  106. [Vegan Filipino Food](#) Food Empowerment Project
  107. [Vegan Fusion](#)
  108. [Vegan Ireland](#)
  109. [Vegan Lao Food](#) Food Empowerment Project
  110. [Vegan Lovlie](#)
  111. [Vegan Mexican Food](#) Food Empowerment Project
  112. [Vegan Miam](#)
  113. [Vegan Peace](#)
  114. [Vegan Recipe Club UK](#)
  115. [Vegan Recipes for School Lunch Programs](#) Bragg Health Institute
  116. [Vegan Recipes from Around the World](#)
  117. [Vegan Richa](#) East Indian recipes
  118. [Vegan Runner Eats](#)
  119. [Vegan Village](#) (Bonnie Bello)
  120. [Vegetarians in Paradise](#)
  121. [Veggie Primer](#)
  122. [Veggie Queen](#)
  123. [Vie de la Vegan](#)
  124. [Water Kefir Fermentation and Grains](#) Happy Gut Pro
  125. [Whole Hearted Eats](#)
  126. [World of Consciousness](#)
  127. [Zsu's Vegan Pantry](#)

## **VEGAN STARTER KITS and Coaching**

1. [21-Day Vegan Kickstart](#) PCRM
2. [African American Starter Guide](#)
3. [Challenge 22](#)
4. [Engine 2 Diet 28 Challenge](#)
5. [Global 10-Day Jump Start](#) PlantPure Communities
6. [Hindu Temple Vegetarian and Vegan Resources Portal](#)
7. [Life Can Be Beautiful: Go Vegan!](#)
8. [Live Vegan](#)
9. [Quick Start Guide](#) Plantrician Project
10. [Seven-Day or 30-Day Vegan Pledge Support](#) Vegan Society (Birmingham UK)
11. [Starter Guide to Cruelty Free Eating](#) Vegan Outreach
12. [Thirty-Day Vegan Challenge](#)
13. [Vegan Coach](#)
14. [Vegan Kit](#)
15. [Veg Starter Booklet](#) Mercy for Animals
16. [Veg Starter Booklet](#) PETA
17. [Vegetarian Starter Kit](#) PCRM
18. [What to Eat When You Don't Eat Animals](#) Veda Stram

## VIDEO

1. [Better than Grilled Cheese DEMO](#) Miyoko Skinner (63 min.)
2. [Chef Ramses Bravo - Cooking Tips and the SOS Free Diet](#) (8 min.)
3. [Corned Beef](#) (9 min.) Chef Brian McCarthy
4. [Corned Beef Red Seitan](#) (26 min.) Connie's Rawsome Kitchen
5. [De-Bunking the Myths of Veganism](#) Colleen Patrick-Goudreau (66 min.)
6. [Dude, Where Do You Get Your Protein?](#) (30 min.) Mike Anderson
7. [Fermenting Vegetables](#) Sandor Katz (7 min.)
8. [Golden Mylk from Scratch](#) (7 min.) Madeleine Tuttle
9. [Healthy Indian Cooking](#) (68 min.) Sirisha Potluri MD
10. [Holiday Recipes with the Chef and the Dietician](#) (40 min.) Chef AJ and Julieanna Hever RD
11. [How to Freeze Kale](#) (9 min.) Evita Ochel
12. [How to Make Blue Cheese with Fermented Oats](#) (1 min.) TechLifeToday
13. [Inspire Your Family to Love Plant-based Whole Foods](#) (75 min.) Timaree Hagenburger RD
14. [Jewish Vegan Recipes from Around the World](#) (62 min.) Jewish Veg
15. [Juicing to Heal and Prevent Cancer](#) (8 min.) An Oasis of Healing
16. [Madeleine's Green Smoothie](#) (6 min.)
17. [Madeleine's Plum-Zucchini Strudel](#) (13 min.)
18. [Madeleine's Raw Nut Milk Making" with Madeleine Tuttle](#) (8 min.)
19. [Madeleine's Verbena and Stevia Tea](#) (8 min.)
20. [Madeleine's Vegan Apple Pie](#) (14 min.)
21. [Madeleine's Vegan Gratima for Christmas](#) (12 min.)
22. [Madeleine's Vegan Kefir](#) (16 min.)
23. [Madeleine's Vegan Lasagna](#) (13 min.)
24. [Miyoko's Un-Turkey](#) (22 min.)
25. [Plant-based Cooking Demo with Katie Mae](#) (89 min.)
26. [Plant-based Thanksgiving with Julieanna Hever RD](#) (83 min)
27. [Sauerkraut](#) Alex Lewin (8 min.)
28. [Should I Eat That?](#) (7 min.) Jeff Novick
29. [Simple Raw Food](#) (57 min.) Adiel Tel-Oren
30. [Spectacular Soups Without Cooking](#) (74 min.) Cherie Soria
31. [Spicy Red Pepper Chipotle Hummus](#) (11 min.) Cherie Soria
32. [Turkey Loaf](#) (12 min.) Chef Brian McCarthy

## VIDEO COLLECTIONS

1. [Becoming Vegan Series](#) Brenda Davis RD and Vesanto Melina RD
2. [Bereisheet 129](#) Erica Stephens
3. [Bravo PlantBased](#) Chef Ramses Bravo
4. [Buddhist Chef](#) Jean-Phillipe Cyr
5. [Carrots Restaurant](#)
6. [Chef AJ](#)
7. [Connie's Rawsome Kitchen](#)
8. [Cooking with Plants](#)
9. [Delectable Planet](#)
10. [Dr. Fuhrman](#)
11. [Everyday Dish TV](#)
12. [Food for Thought with the Benton Sisters](#)
13. [Gentle Chef](#)
14. [Guilt Free TV](#)
15. [Hallelujah Acres Healthy Eating Videos \(Cooking Demos\)](#)

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16. [Happy Cow](#)
  17. [Happy Pear](#)
  18. [Healthytarian](#) (Evita Ochel)
  19. [High Carb Health](#)
  20. [Jason Wrobel](#)
  21. [Kind Earth](#) (Anastasia Eden)
  22. [Live Food Education](#)
  23. [Living Light Culinary Institute](#) (Cherie Soria)
  24. [Madeleine Tuttle Intuitive Cooking Demos](#)
  25. [Mary's Test Kitchen](#)
  26. [Miyoko's Home Comforts Cooking Series](#) (Miyoko Schinner)
  27. [Miyoko Schinner](#)
  28. [Naked Food TV](#)
  29. [Raw Chef Yin](#)
  30. [Real Food Show](#) (Responsible Eating and Living)
  31. [Rouxbe Live Events](#) (Recordings)
  32. [SHARAN India](#)
  33. [Straight Up Food](#) (Cathy Fisher)
  34. [Supreme Kitchen Worldwide Web](#)
  35. [Supreme Master TV Cooking Shows](#)
  36. [Sweet Simple Vegan](#)
  37. [Team Sherzai](#)
  38. [Uncle Lou's Kitchen](#)
  39. [Vaidya Priyanka](#)
  40. [Veg News](#)
  41. Vegan Cooking with Love [Website](#) and [Youtube](#)
  42. [Vegan Lovlie TV](#)
  43. [Well Your World](#) (Dillon Holmes)

## WEB SITES (Chefs)

*\*\* Denotes a mostly sugar-oil-salt free (SOS free) meal preparation style.*

1. **\*\*** [Chef AJ](#)
2. [Chef Attila Hildmann](#)
3. **\*\*** [Chef Cathy Fisher](#)
4. [Chef Cherie Soria](#)
5. [Chef Colleen Patrick-Goudreau](#)
6. [Chef Dreena Burton](#)
7. [Chef Erica Stephens](#) (Bereishsheet 129)
8. [Chef Evita Ochel](#) (Healthytarian)
9. [Chef Goose Wohlt](#)
10. [Chef Heather Pace](#)
11. [Chef Jenny Cornbleet](#)
12. [Chef JL Fields](#)
13. [Chef Joël Roessel](#)
14. **\*\*** [Chef Katie Mae](#)
15. [Chef Louise Hagler](#)
16. [Chef Mark Reinfeld](#)
17. [Chef Ori Shavit](#)
18. **\*\*** [Chef Ramses Bravo](#)
19. [Chef Raw Rose](#)
20. [Chef Robin Robertson](#)

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21. [Chef Skye Michael Conroy](#)

## WEB SITES (General)

1. [Becoming Vegan](#)
2. [Brenda Davis RD](#)
3. [Feel Fabulous with Food](#) (Karen Ranzi)
4. [Food Pharmacy](#) Evelisse Capó PharmD
5. [International Vegetarian Union World](#)
6. [Nutrition Professor](#) (Timaree Hagenburger RD)
7. [Raw Food Education](#) (Drs Rick and Karen Dina, DCs)
8. [Veg Health Institute](#)
9. [Vegetarian Resource Group](#)
10. [Vesanto Melina RD](#)
11. [\\*Wild Fermentation](#) (Sandor Katz)