



Whole Food, Plant-Based References
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WEBSITES:

pcrm.org - Physicians Committee for Responsible Medicine, Food for Life classes, 21-Day Kickstart App, education literature

nutritionfacts.org - Dr Michael Greger, a HUGE amount of evidence-based information, YouTube video library, podcasts, great place to search for info

forksoverknives.com - Forks Over Knives, beginner's guide, recipes, meal planner, cooking course

plantstrong.com - recipes, meal planner, a 1-week self-guided journey of whole food plant-based eating, Plant Strong podcast

challenge22.com - a 22-day online plant-based challenge, recipes, blogs

BOOKS:

[Prevent and Reverse Heart Disease](#) – Caldwell Esselstyn MD

[How Not To Die](#) - Michael Greger MD

[Reversing Diabetes](#) - Neal Barnard MD

[The China Study](#) - T. Collin Campbell PhD

[The Healthiest Diet on the Planet](#) - John McDougall MD

[Eat to Live](#) - Joel Fuhrman MD

Seven-Day Rescue Diet - Rip Esselstyn (Engine 2)

The Truth About Food - David Katz MD MPH

What's Missing from Medicine, Saray Stancic MD

MOVIES:

Forks Over Knives

What the Health

Food Choices

Game Changers

Code Blue - the documentary

Hope Disease Reversal

APPS:

21 Day Kickstart - Physicians Committee for Responsible Medicine, complete 21-day program with menus, recipes, shopping lists

Daily Dozen – Dr. Greger, daily check list of healthy foods to eat

Forks Over Knives – recipes, meal planning

Happy Cow - find Plant-Based meals at restaurants around the world