



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 subjects however have some topics of interest to vegans.

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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. **Benton Sisters Cookbooks**
 - a. [At Home with the Benton Sisters DVD and Cookbooks](#)
 - b. [What's Cooking in the Benton Sisters Kitchen – Volume 1](#)
 - c. [More Cooking from the Benton Sisters Kitchen – Volume 2](#)
 - d. [Still Cooking in the Benton Sisters' Kitchen – Volume 3](#)
6. [*Better Choices Cookbook](#) Rosalie Hurd and Frank Hurd MD
7. [Bravo!](#) Ramses Bravo
8. [China Study All Star Collection](#) LeAnne Campbell
9. [Dr. Neal Barnard's Reversing Diabetes Cookbook](#) Neal Barnard MD and Dreena Burton
10. [Forks over Knives: The Cookbook](#) Del Sroufe
11. [Going Raw](#) Judita Wignall
12. [Health Promoting Cookbook](#) Alan Goldhamer DC
13. [Healthiest Diet on the Planet](#) John and Mary McDougall
14. [Healthy Japanese Cooking](#) Hiroku Fukuhara
15. [Homemade Vegan Pantry](#) Miyoku Schinner
16. [How Not to Die Cookbook](#) Michael Greger MD with Gene Stone
17. [Kitchens of Pinch and Dash \(4-Season Set: Bounty, Awake, Hibernate, and Share\)](#) Jessica Perlaza and Danielle Arsenault
18. [Live Fresh Recipes with Vitamix](#)
19. [Living Cuisine](#) Renee Underkoffler
20. [Living with Greenstar](#) Elysa Markowitz
21. [New McDougall Cookbook](#) John McDougall, MD, and Mary McDougall
22. [Oh She Glows Everyday](#) Angela Liddon
23. [Pacific Northwest Foraging](#) Douglas Deur
24. [Plant Pure Nation Cookbook](#) Kim Campbell
25. [Prevent and Reverse Heart Disease Cookbook](#) Ann Crile and Jane Esselstyn
26. [Rainbow Green Live-Food Cuisine](#) Gabriel Cousens MD
27. [Raw Food Revolution Diet](#) Cherie Soria, Brenda Davis RD, Vesanto Melina RD
28. [Simple Recipes for Joy](#) Sharon Gannon
29. [Sprouting Book](#) Ann Wigmore
30. [Straight Up Food Cookbook](#) Cathy Fisher
31. [*Ten Talents Cookbook](#) Rosalie Hurd and Frank Hurd MD
32. [Tofu Cookery](#) Louise Hagler
33. [Uncooking with Raw Rose](#) Rose Vasile
34. [Vegan Fusion World Cuisine](#) Mark Reinfeld and Bo Rinaldi
35. [Wheatgrass Book](#) Ann Wigmore
36. [Wild Edibles – A Practical Guide to Foraging](#) Sergei Boutenko
37. [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. [Hygeian Home Cook-Book; Healthful and Palatable Food Without Condiments](#) R.T. Trall MD (1874)

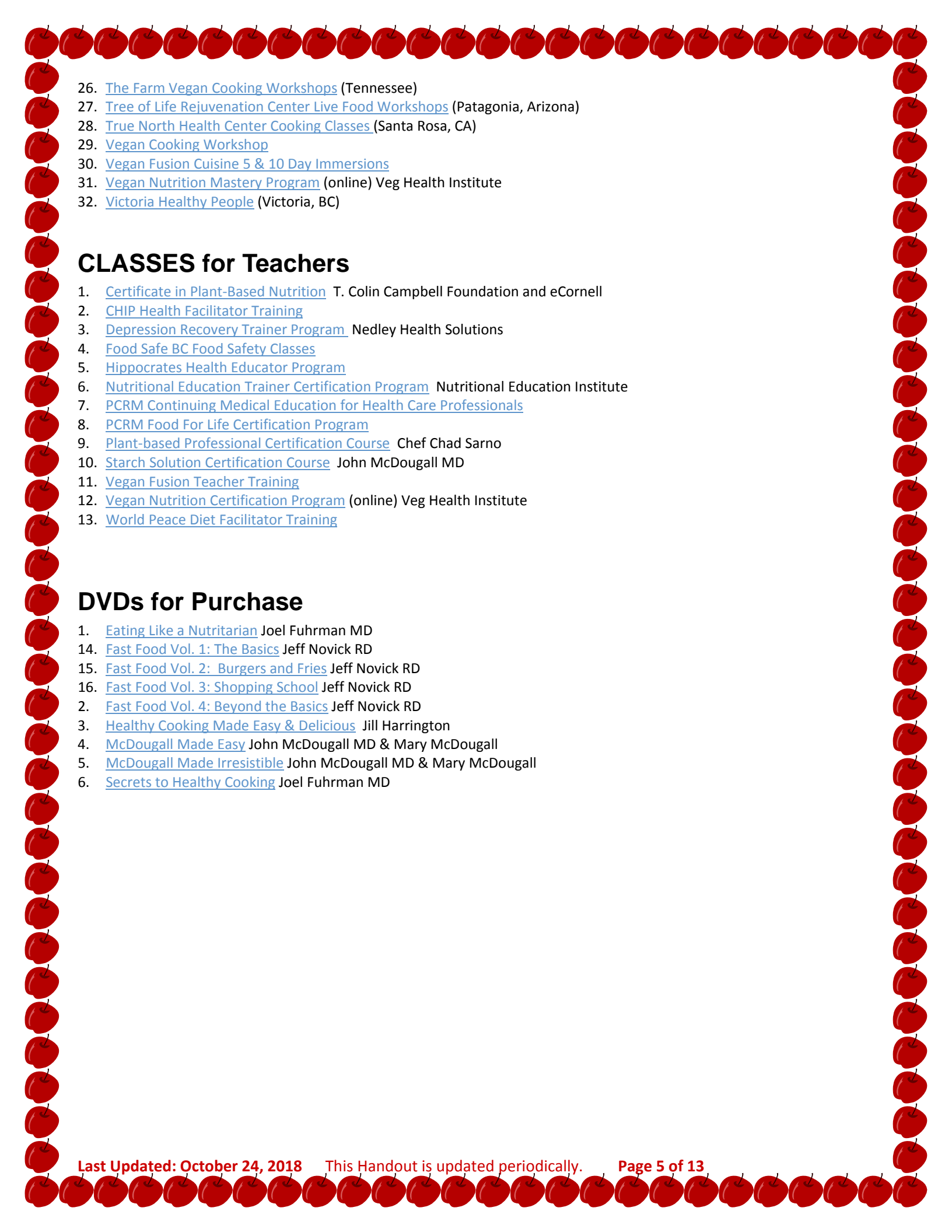
CHILDREN

1. ARTICLE: [Can Diet Affect the Onset of Early Puberty?](#) Linda Carney MD
2. ARTICLE: [Diet, Children, and the Future](#) John McDougall MD
3. ARTICLE: [Diet-Induced Precocious Puberty](#) John McDougall MD
4. ARTICLE: [Disease-Proof Your Child Through Nutritional Excellence](#) Joel Fuhrman MD
5. ARTICLE: [Effects of Soda and Low-nutrient Foods on Childrens' Behaviour](#) Joel Fuhrman MD
6. ARTICLE: [Essential Resource for Pregnant Vegans](#) Ginny Messina RD
7. ARTICLE: [Five Tips to Help Your Vegan Kid Thrive in School](#) PETA Kids
8. ARTICLE: [Fortified Soy Milk is Healthy Alternative to Cow's Milk for Toddlers](#) Ginny Messina RD
9. ARTICLE: [Getting Young Children to Eat Healthy](#) Benjamin Spock MD
10. ARTICLE: [Health Consequences for Children Who Consume Standard American Diet](#) Linda Carney MD
11. ARTICLE: [Healthy Snacks for Kids](#) PCRM
12. ARTICLE: [How to Feed an Infant a Vegan Diet](#) Reed Mangels PhD
13. ARTICLE: [How to Feed a Vegan Teenager](#) Reed Mangels PhD
14. ARTICLE: [How to Feed Vegan Kids](#) Reed Mangels PhD
15. ARTICLE: [How to Raise Vegan Kids](#) Happy Herbivore
16. ARTICLE: [McDougall Diet for Pregnancy](#) John McDougall MD
17. ARTICLE: [Most Pervasive Form of Child Abuse](#) Rev. Will Tuttle PhD
18. ARTICLE: [Parents Raising Vegan Babies](#) *The Guardian*
19. ARTICLE: [Plant-based Eating for Kids](#) Plant Plate
20. ARTICLE: [Plant-based Kids](#) My Plant-based Family
21. ARTICLE: [Plant Strong Kids](#) Engine 2 Diet
22. ARTICLE: [Preventing and Treating ADHD in Children](#) Joel Fuhrman MD
23. ARTICLE: [Raising Children on a Plant-based Diet](#) Naked Food Magazine
24. ARTICLE: [Raising a Quasi Nutritarian Teenager](#) Lisa Fuhrman
25. ARTICLE: [Safety of Vegan Diets for Babies](#) Ginny Messina RD
26. ARTICLE: [Selecting Baby Formula](#) Brenda Davis RD
27. ARTICLE: [Seven Plant-based Family Tips](#) T. Colin Campbell Center for Nutrition Studies
28. ARTICLE: [Share Healthy Habits with Your Children](#) Joel Fuhrman MD
29. ARTICLE: [Standard American Diet is Shortening Childrens' Lives](#) Joel Fuhrman MD
30. ARTICLE: [Tips for a Healthy Halloween](#) Joel Fuhrman MD
31. ARTICLE: [Turning Children Onto Vegetables](#) Brenda Davis RD
32. ARTICLE: [Vegan Nutrition in Pregnancy](#) Reed Mangels PhD
33. ARTICLE: [Vegetarian Diets – Advantages for Children](#) PCRM
34. ARTICLE: [Vegetarian Diets for Children – Right from the Start](#) PCRM
35. ARTICLE: [Vegetarian Diets for Pregnancy](#) PCRM
36. ARTICLE: [Weight Gain in Vegan Toddlers](#) Brenda Davis RD
37. ARTICLE: [Where Do Our Tastebuds Begin?](#) Plant Pure Nation
38. ARTICLE: [Wholesome Baby Foods from Scratch](#) Karna Peterson RD
39. BOOK: [Conscious Parenting](#) Gabriel Cousens MD
40. BOOK: [Disease Proof Your Child](#) Joel Fuhrman MD
41. BOOK: [Everything Vegan Pregnancy Book](#) Reed Mangels PhD
42. BOOK: [Forks Over Knives Family](#) Alona Pulde MD and Matthew Lederman MD
43. BOOK: [Healthy Eating for Life for Children](#) Amy Lanou PhD
44. BOOK: [Raising Vegetarian Children](#) Joanne Stepaniak MEd and Vesanto Melina RD
45. BOOK: [Stephen the Vegan](#) (children's book) Bodenstein and Robrahn
46. BOOK: [Vegan Holiday](#) (children's book) Courtney Hufer
47. BOOK: [Vegan I Am: Colouring Book with Recipes, Activities and Resource Guide](#) Erinn Sneed
48. BOOK: [Vegan Mom To Be](#) Wendy Louise Hagler
49. BOOK: [Vegan Pregnancy Survival Guide](#) Sayward Rebhal

50. BOOK: [Your Vegetarian Pregnancy](#) Holly Robers DO
51. BOOK SERIES: [Mitch Spinach](#) book series for children aged 3-10. Dr. Joel Fuhrman MD
52. BOOKS: [Vegan Children's Books](#) Maritza Oliver
53. BOOKS: [Vegan Children's Books](#) Ruby Roth
54. COLOURING BOOK: [Christian Vegetarian Association Colouring Book](#)
55. COLOURING BOOK: [God's Garden Friends](#) Dr. Scott and Kristen Stoll
56. BROCHURE: [Children and a Vegetarian Diet](#) Earthsave
57. PAMPHLET: [Nutrition for Kids](#) PCRM
58. VIDEO: [Pregnancy and Children](#) John McDougall MD (66 min.)
59. VIDEO: [Raising Vegan Children and Homeschooling](#) Animal Rights Academy (86 min.)
60. VIDEO: [Tricks to Get Children to Eat Healthier](#) NutritionFacts.Org (4 min.)
61. WEB PORTAL: [Bless The Children](#) Support group for vegan foster children.
62. WEB PORTAL: [Children's Health: Disease-proof your children through nutritional excellence](#) Joel Fuhrman MD
63. WEB PORTAL: [Christian Vegetarian Association](#)
64. WEB PORTAL: [Healthy Families](#) PCRM
65. WEB PORTAL: [PETA Kids](#)
66. WEB PORTAL: [Positive Vegan Parenting](#)
67. WEB PORTAL: [Pregnancy and Children](#) John McDougall MD
68. WEB PORTAL: [Raise Vegan](#)
69. WEB PORTAL: [Raising Veg Kids](#)
70. WEB PORTAL: [Super Healthy Children](#) Karen Ranzi *Tips for vegan families.*
71. WEB PORTAL: [Veg Family](#)
72. WEB PORTAL: [Vegan Mom](#) *Blog that offers resources for vegan families.*
73. WEB PORTAL: [Vegan Momma](#) *Support group for vegan mothers.*
74. WEB PORTAL: [Vegetarian Kids, Teens & Family](#) Vegetarian Resource Group

CLASSES for General Public

1. [2-Forks Immersion Retreats](#)
2. [Cooking Healthy Lessons](#)
3. [Dr. Fuhrman's Health Immersions](#)
4. [Dr. McDougall's 10-Day Health Program](#) (Santa Rosa, CA)
5. [Feed Life](#) (Vancouver)
6. [Forks Over Knives](#) (Online)
7. [George Washington University School of Medicine and Health Sciences Nutrition Continuing Education Credits](#) (for Health Professionals)
8. [Hallelujah Acres Classes](#)
9. [Hippocrates Health Institute](#)
10. [Learn Raw Food](#) (Jennifer Cornbleet - Online)
11. [Live Online Vegan E-Course](#) (FREE!)
12. [Living Light Culinary Arts Institute](#)
13. [Newstart Lifestyle Programs](#) (Weimar, CA)
14. [Nutrition for a Healthy Heart](#) T. Colin Campbell Foundation and eCornell
15. [Pachavega](#) (Alberta)
16. [PCRM Kickstart](#) (FREE! International)
17. [Plantzst Recipe Club](#) (Online)
18. [Pure Joy Planet](#) (Online)
19. [Rawthentic Eatery](#) (Victoria, BC)
20. [Raw Chef](#) (Online)
21. [Raw Rose](#)
22. [Revive Medicine](#) (Victoria)
23. [Rouxbe](#)
24. [Super Immunity with Joel Fuhrman MD](#)
25. [Sustainable Diet](#) (online)

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26. [The Farm Vegan Cooking Workshops](#) (Tennessee)
 27. [Tree of Life Rejuvenation Center Live Food Workshops](#) (Patagonia, Arizona)
 28. [True North Health Center Cooking Classes](#) (Santa Rosa, CA)
 29. [Vegan Cooking Workshop](#)
 30. [Vegan Fusion Cuisine 5 & 10 Day Immersions](#)
 31. [Vegan Nutrition Mastery Program](#) (online) Veg Health Institute
 32. [Victoria Healthy People](#) (Victoria, BC)

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. [Nutritional Education Trainer Certification Program](#) Nutritional Education Institute
7. [PCRM Continuing Medical Education for Health Care Professionals](#)
8. [PCRM Food For Life Certification Program](#)
9. [Plant-based Professional Certification Course](#) Chef Chad Sarno
10. [Starch Solution Certification Course](#) John McDougall MD
11. [Vegan Fusion Teacher Training](#)
12. [Vegan Nutrition Certification Program](#) (online) Veg Health Institute
13. [World Peace Diet Facilitator Training](#)

DVDs for Purchase

1. [Eating Like a Nutritarian](#) Joel Fuhrman MD
14. [Fast Food Vol. 1: The Basics](#) Jeff Novick RD
15. [Fast Food Vol. 2: Burgers and Fries](#) Jeff Novick RD
16. [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 are a sampling of web pages to which you can subscribe to free online newsgroups.

GENERAL

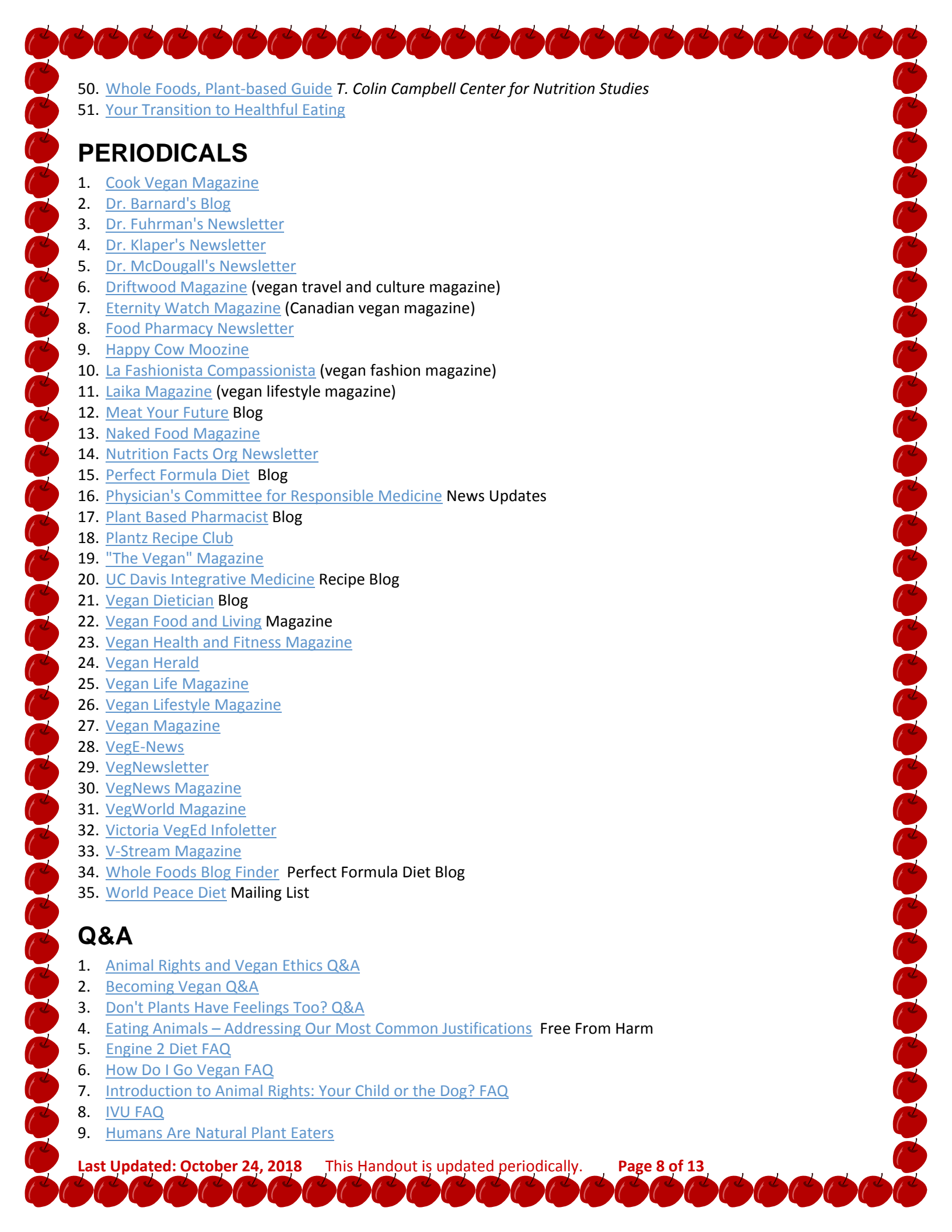
1. [Carnism Awareness and Action Network Newsletter](#)
2. [Engine 2 Newsletter](#)
3. [Food Empowerment Project Alerts](#)
4. [Golden Banana Newsletter](#)
5. [Hallelujah Acres Health News Magazine](#)
6. [Hallelujah Acres Health News Weekly](#)
7. [Latest Vegan News](#)
8. [Live Kindly](#)
9. [Moozine](#)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

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. [Basic Guidelines for Healthy Eating](#)
4. [Basics of Nutritarian Cooking](#)
5. [Bean and Grain Cooking Chart](#) Delectable Planet
6. [Becoming Vegan](#) Vesanto Melina RD, and Brenda Davis RD
7. [Chemical Residues in Foods - Reports](#) Canadian Food Inspection Agency
8. [Cooking Substitutions](#)
9. [Dietary Reference Intakes](#) (Canada)
10. [Dietary Reference Intakes](#) (USA)
11. [Eat Weeds?](#) Sergei Boutenko
12. [Eating Guidelines for Vegans](#) Dieticians of Canada
13. [eaTracker](#)
14. [Food Labels](#) (Government of Canada)
15. [Food Labelling Chaos Report](#)
16. [FoodWatch](#)
17. [Guide to Food Ingredients](#) Vegetarian Resource Group
18. [Health Supporting Eating Plan](#) Michael Klaper MD
19. [Healthy Grocery List](#) Scott Stoll MD
20. [How to Cook Without Oil](#) Darshana Thacker
21. [How to Read Nutrition Labels](#)
22. [Ingredients to Avoid](#) Happy Cow
23. [Linus Pauling Institute Micronutrient Information Center](#)
24. [Maximum Nutrition](#) Michael Greger MD
25. [Nine Food Label Lies](#)
26. [Nutrient Sources \(Protein, Calcium, Iron, etc.\)](#) Soystache
27. [Nutrition Facts](#)
28. [Nutrition Tips](#)
29. [Optimum Nutrition Requirements](#) Michael Greger MD
30. [PCRM Ingredient Substitution Chart](#)
31. [Plant Plate](#) Ginny Messina RD
32. [Plant-based Diet Booklet](#) *Kaiser Permanente*
33. [Power Plate](#) PCRM
34. [Prepare and Preserve Ginger and Garlic](#) Vegan Lovlie
35. [Resolving Corruption: How to "Reboot" Your Brain so that Healthy Eating is Preferred](#)
36. [Substitutes for Fat Free Cooking](#) Fat Free Vegan
37. [Understanding Food Labels](#)
38. [Ultimate Vegan Baking Cheat Sheet](#)
39. [USDA Food Composition Databases](#)
40. [USDA Reports by Single Nutrients](#)
41. [Vegan Baking Substitutions Guide](#)
42. [Vegan Food Pyramid](#)
43. [Vegan Ingredient Substitution Chart](#) PCRM
44. [Vegan Plate Food Guide](#) Becoming Vegan
45. [Veg-E News Food Glossary](#)
46. [Vegetarian Journal Guide to Food Ingredients](#)
47. [Vegetarian Nutrition – Six Stumbling Blocks](#) Becoming Vegan
48. [Well Stocked Pantry and Fridge](#) Robyn Chuter ND (Empower Total Health)
49. [What to Eat](#) Alan Goldhamer DC

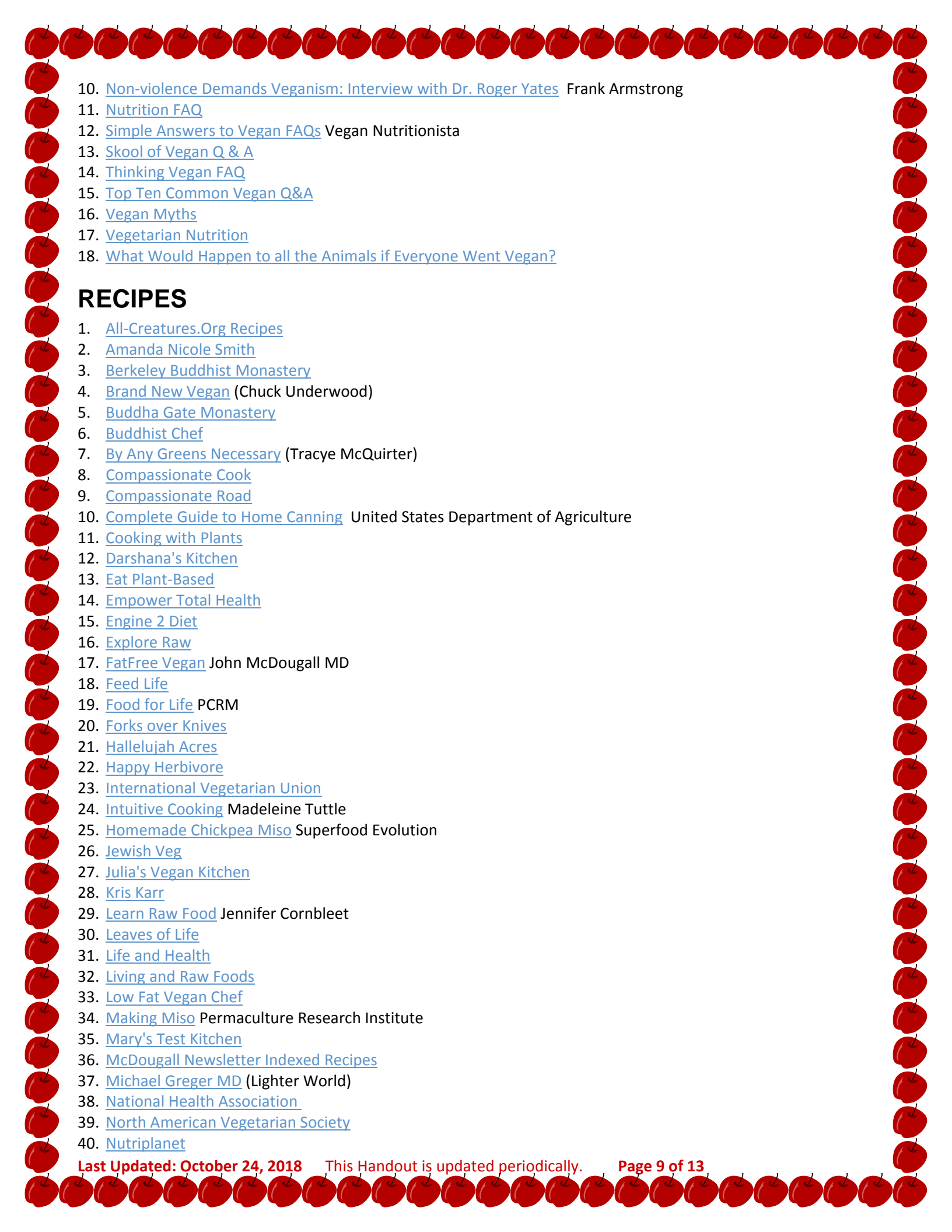
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50. [Whole Foods, Plant-based Guide](#) *T. Colin Campbell Center for Nutrition Studies*
 51. [Your Transition to Healthful Eating](#)

PERIODICALS

1. [Cook Vegan Magazine](#)
2. [Dr. Barnard's Blog](#)
3. [Dr. Fuhrman's Newsletter](#)
4. [Dr. Klaper's Newsletter](#)
5. [Dr. McDougall's Newsletter](#)
6. [Driftwood Magazine](#) (vegan travel and culture magazine)
7. [Eternity Watch Magazine](#) (Canadian vegan magazine)
8. [Food Pharmacy Newsletter](#)
9. [Happy Cow Moozine](#)
10. [La Fashionista Compassionista](#) (vegan fashion magazine)
11. [Laika Magazine](#) (vegan lifestyle magazine)
12. [Meat Your Future Blog](#)
13. [Naked Food Magazine](#)
14. [Nutrition Facts Org Newsletter](#)
15. [Perfect Formula Diet Blog](#)
16. [Physician's Committee for Responsible Medicine](#) News Updates
17. [Plant Based Pharmacist Blog](#)
18. [Plantz Recipe Club](#)
19. ["The Vegan" Magazine](#)
20. [UC Davis Integrative Medicine](#) Recipe Blog
21. [Vegan Dietician Blog](#)
22. [Vegan Food and Living Magazine](#)
23. [Vegan Health and Fitness Magazine](#)
24. [Vegan Herald](#)
25. [Vegan Life Magazine](#)
26. [Vegan Lifestyle Magazine](#)
27. [Vegan Magazine](#)
28. [VegE-News](#)
29. [VegNewsletter](#)
30. [VegNews Magazine](#)
31. [VegWorld Magazine](#)
32. [Victoria VegEd Infoletter](#)
33. [V-Stream Magazine](#)
34. [Whole Foods Blog Finder](#) Perfect Formula Diet Blog
35. [World Peace Diet](#) Mailing List

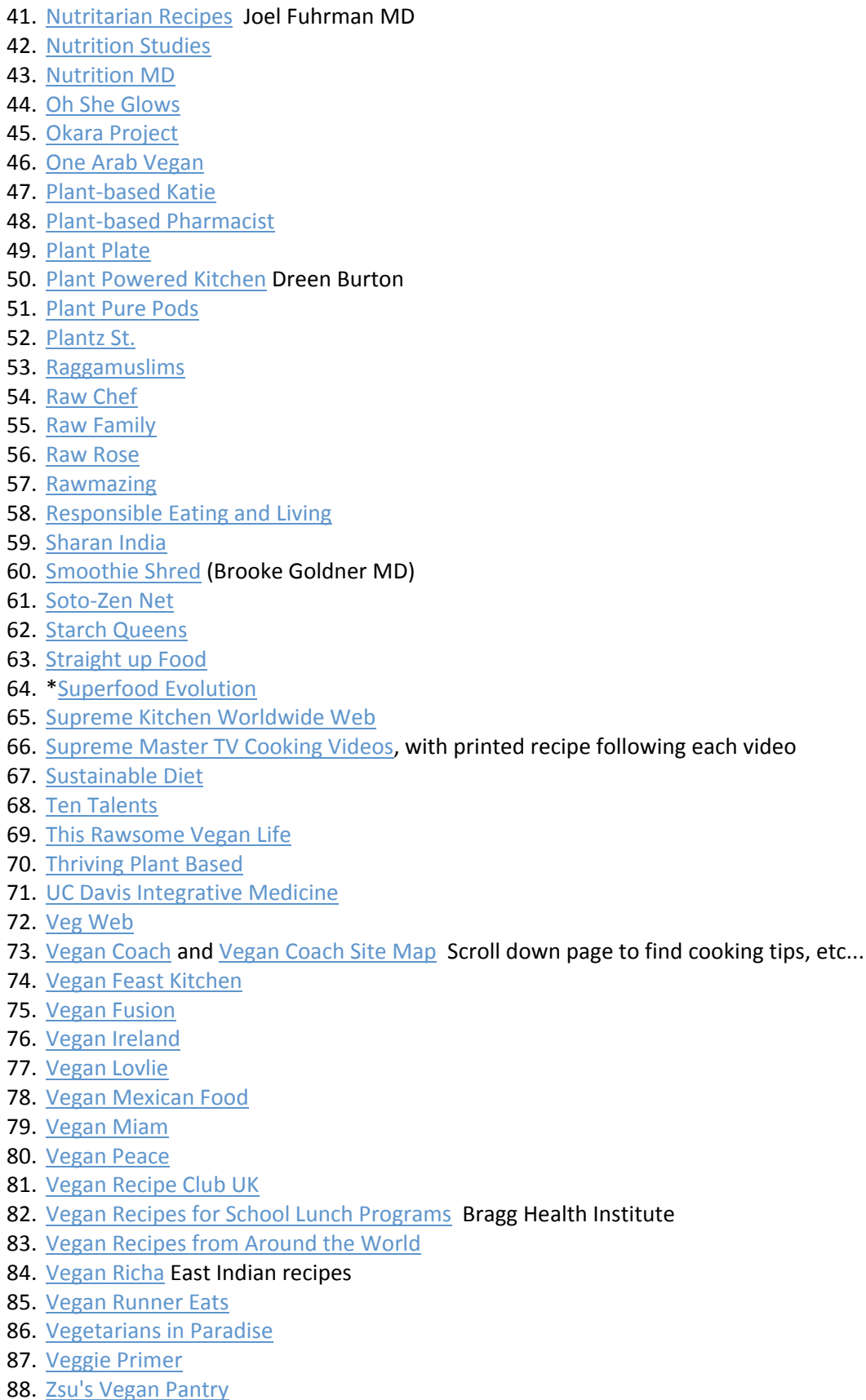
Q&A

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](#)

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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. [All-Creatures.Org Recipes](#)
2. [Amanda Nicole Smith](#)
3. [Berkeley Buddhist Monastery](#)
4. [Brand New Vegan](#) (Chuck Underwood)
5. [Buddha Gate Monastery](#)
6. [Buddhist Chef](#)
7. [By Any Greens Necessary](#) (Tracye McQuirter)
8. [Compassionate Cook](#)
9. [Compassionate Road](#)
10. [Complete Guide to Home Canning](#) United States Department of Agriculture
11. [Cooking with Plants](#)
12. [Darshana's Kitchen](#)
13. [Eat Plant-Based](#)
14. [Empower Total Health](#)
15. [Engine 2 Diet](#)
16. [Explore Raw](#)
17. [FatFree Vegan](#) John McDougall MD
18. [Feed Life](#)
19. [Food for Life](#) PCRM
20. [Forks over Knives](#)
21. [Hallelujah Acres](#)
22. [Happy Herbivore](#)
23. [International Vegetarian Union](#)
24. [Intuitive Cooking](#) Madeleine Tuttle
25. [Homemade Chickpea Miso](#) Superfood Evolution
26. [Jewish Veg](#)
27. [Julia's Vegan Kitchen](#)
28. [Kris Karr](#)
29. [Learn Raw Food](#) Jennifer Cornbleet
30. [Leaves of Life](#)
31. [Life and Health](#)
32. [Living and Raw Foods](#)
33. [Low Fat Vegan Chef](#)
34. [Making Miso](#) Permaculture Research Institute
35. [Mary's Test Kitchen](#)
36. [McDougall Newsletter Indexed Recipes](#)
37. [Michael Greger MD](#) (Lighter World)
38. [National Health Association](#)
39. [North American Vegetarian Society](#)
40. [Nutriplanet](#)

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41. [Nutritarian Recipes](#) Joel Fuhrman MD
 42. [Nutrition Studies](#)
 43. [Nutrition MD](#)
 44. [Oh She Glows](#)
 45. [Okara Project](#)
 46. [One Arab Vegan](#)
 47. [Plant-based Katie](#)
 48. [Plant-based Pharmacist](#)
 49. [Plant Plate](#)
 50. [Plant Powered Kitchen](#) Dreen Burton
 51. [Plant Pure Pods](#)
 52. [Plantz St.](#)
 53. [Raggamuslims](#)
 54. [Raw Chef](#)
 55. [Raw Family](#)
 56. [Raw Rose](#)
 57. [Rawmazing](#)
 58. [Responsible Eating and Living](#)
 59. [Sharan India](#)
 60. [Smoothie Shred](#) (Brooke Goldner MD)
 61. [Soto-Zen Net](#)
 62. [Starch Queens](#)
 63. [Straight up Food](#)
 64. *[Superfood Evolution](#)
 65. [Supreme Kitchen Worldwide Web](#)
 66. [Supreme Master TV Cooking Videos](#), with printed recipe following each video
 67. [Sustainable Diet](#)
 68. [Ten Talents](#)
 69. [This Rawsome Vegan Life](#)
 70. [Thriving Plant Based](#)
 71. [UC Davis Integrative Medicine](#)
 72. [Veg Web](#)
 73. [Vegan Coach](#) and [Vegan Coach Site Map](#) Scroll down page to find cooking tips, etc...
 74. [Vegan Feast Kitchen](#)
 75. [Vegan Fusion](#)
 76. [Vegan Ireland](#)
 77. [Vegan Lovlie](#)
 78. [Vegan Mexican Food](#)
 79. [Vegan Miam](#)
 80. [Vegan Peace](#)
 81. [Vegan Recipe Club UK](#)
 82. [Vegan Recipes for School Lunch Programs](#) Bragg Health Institute
 83. [Vegan Recipes from Around the World](#)
 84. [Vegan Richa](#) East Indian recipes
 85. [Vegan Runner Eats](#)
 86. [Vegetarians in Paradise](#)
 87. [Veggie Primer](#)
 88. [Zsu's Vegan Pantry](#)

VEGAN STARTER KITS and Coaching

1. [African American Starter Guide](#)
2. [Challenge 22](#)
3. [Engine 2 Diet 28 Challenge](#)
4. [Hindu Temple Vegetarian and Vegan Resources Portal](#)
5. [Life Can Be Beautiful: Go Vegan!](#)
6. [Live Vegan](#)
7. [Quick Start Guide](#) Plantrician Project
8. [Seven-Day or 30-Day Vegan Pledge Support](#) Vegan Society (Birmingham UK)
9. [Starter Guide to Cruelty Free Eating](#) Vegan Outreach
10. [Thirty-Day Vegan Challenge](#)
11. [Vegan Coach](#)
12. [Vegan Kit](#)
13. [Veg Starter Booklet](#) Mercy for Animals
14. [Veg Starter Booklet](#) PETA
15. [Vegetarian Starter Kit](#) PCRM

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. [Fermenting Vegetables](#) Sandor Katz (7 min.)
7. [Holiday Recipes with the Chef and the Dietician](#) (40 min.) Chef AJ and Julieanna Hever RD
8. [Inspire Your Family to Love Plant-based Whole Foods](#) (75 min.) Timaree Hagenburger RD
9. [Juicing to Heal and Prevent Cancer](#) (8 min.) An Oasis of Healing
10. [Madeleine's Green Smoothie](#) (6 min.)
11. [Madeleine's Plum-Zucchini Strudel](#) (13 min.)
12. [Madeleine's Raw Nut Milk Making" with Madeleine Tuttle](#) (8 min.)
13. [Madeleine's Verbena and Stevia Tea](#) (8 min.)
14. [Madeleine's Vegan Apple Pie](#) (14 min.)
15. [Madeleine's Vegan Gratima for Christmas](#) (12 min.)
16. [Madeleine's Vegan Kefir](#) (16 min.)
17. [Madeleine's Vegan Lasagna](#) (13 min.)
18. [Miyoko's Un-Turkey](#) (22 min.)
19. [Plant-based Thanksgiving with Julieanna Hever RD](#) (83 min)
20. [Sauerkraut](#) Alex Lewin (8 min.)
21. [Should I Eat That?](#) (7 min.) Jeff Novick
22. [Simple Raw Food](#) (57 min.) Adiel Tel-Oren
23. [Turkey Loaf](#) (12 min.) Chef Brian McCarthy

VIDEO COLLECTIONS

1. [Artisan Vegan Life](#) Miyoku Schinner
2. [Becoming Vegan Series](#) Brenda Davis RD and Vesanto Melina RD
3. [Chef AJ](#)
4. [Connie's Rawsome Kitchen](#)
5. [Cooking Lessons by Chef Lois Ellen Frank PhD](#) (PCRM)
6. [Cooking with Plants](#)
7. [Delectable Planet](#)
8. [Everyday Dish TV](#)
9. [Feed Life](#)
10. [Food for Life Video Archive](#) (Cooking Demos)
11. [Food for Thought With the Benton Sisters](#)
12. [Gentle Chef](#)
13. [Guilt Free TV](#)
14. [Hallelujah Acres Healthy Eating Videos \(Cooking Demos\)](#)
15. [Happy Cow](#)
16. [Happy Pear](#)
17. [High Carb Health](#)
18. [Jason Wrobel](#)
19. [Madeleine Tuttle Intuitive Cooking Demos](#)
20. [Mary's Test Kitchen](#)
21. [Real Food Show](#) (Responsible Eating and Living)
22. [Rouxbe Live Events](#) (Recordings)
23. [Supreme Kitchen Worldwide Web](#)
24. [Suprememaster TV Cooking Shows](#)
25. [Vaidya Priyanka](#)
26. [Veg News](#)
27. Vegan Cooking with Love [Website](#) and [Youtube](#)
28. [Vegan Lovlie TV](#)

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 Goose Wohlt](#)
8. [Chef Heather Pace](#)
9. [Chef Jenny Cornbleet](#)
10. [Chef JL Fields](#)
11. [Chef Joël Roessel](#)
12. *[Chef Katie Mae](#)
13. [Chef Louise Hagler](#)
14. [Chef Mark Reinfeld](#)
15. [Chef Miyoku Schinner](#)
16. *[Chef Ramses Bravo](#)
17. [Chef Raw Rose](#)
18. [Chef Robin Robertson](#)



19. [Chef Skye Michael Conroy](#)

WEB SITES (General)

1. [Becoming Vegan](#)
2. [Brenda Davis RD](#)
3. [Food Pharmacy](#) Evelisse Capó PharmD
4. [Hallelujah Acres](#)
5. [International Vegetarian Union World](#)
6. [Nutrition Professor](#) (Timaree Hagenburger RD)
7. [Veg Health Institute](#)
8. [Vegetarian Resource Group](#)
9. [VegSource](#)
10. [Vesanto Melina RD](#)