



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. [*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 Pure Nation Cookbook](#) Kim Campbell
30. [Prevent and Reverse Heart Disease Cookbook](#) Ann Crile and Jane Esselstyn
31. [Rainbow Green Live-Food Cuisine](#) Gabriel Cousens MD
32. [Raw Food Revolution Diet](#) Cherie Soria, Brenda Davis RD, Vesanto Melina RD
33. [Sensational Salads to Cool the Earth](#) Rev. Beth Love
34. [Simple Recipes for Joy](#) Sharon Gannon
35. [Sprouting Book](#) Ann Wigmore
36. [Straight Up Food Cookbook](#) Cathy Fisher
37. [*Ten Talents Cookbook](#) Rosalie Hurd and Frank Hurd MD
38. [Tofu Cookery](#) Louise Hagler
39. [Uncooking with Raw Rose](#) Rose Vasile
40. [Vegan Fusion World Cuisine](#) Mark Reinfeld and Bo Rinaldi
41. [Wheatgrass Book](#) Ann Wigmore
42. [Wild Edibles – A Practical Guide to Foraging](#) Sergei Boutenko
43. [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: [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 Diets for Children – Right From the Start](#) Neal Barnard MD
20. ARTICLE: [Plant-based Eating for Kids](#) Plant Plate
21. ARTICLE: [Plant-based Kids](#) My Plant-based Family
22. ARTICLE: [Plant Strong Kids](#) Engine 2 Diet
23. ARTICLE: [Preventing and Treating ADHD in Children](#) Joel Fuhrman MD
24. ARTICLE: [Raising Children on a Plant-based Diet](#) Naked Food Magazine
25. ARTICLE: [Raising Compassionate Children](#) Clare Mann
26. ARTICLE: [Raising a Quasi Nutritarian Teenager](#) Lisa Fuhrman
27. ARTICLE: [Safety of Vegan Diets for Babies](#) Ginny Messina RD
28. ARTICLE: [Selecting Baby Formula](#) Brenda Davis RD
29. ARTICLE: [Seven Plant-based Family Tips](#) T. Colin Campbell Center for Nutrition Studies
30. ARTICLE: [Share Healthy Habits with Your Children](#) Joel Fuhrman MD
31. ARTICLE: [Standard American Diet is Shortening Childrens' Lives](#) Joel Fuhrman MD
32. ARTICLE: [Tips for a Healthy Halloween](#) Joel Fuhrman MD
33. ARTICLE: [Turning Children Onto Vegetables](#) Brenda Davis RD
34. ARTICLE: [Vegan Nutrition in Pregnancy](#) Reed Mangels PhD
35. ARTICLE: [Vegetarian Diets – Advantages for Children](#) PCRM
36. ARTICLE: [Vegetarian Diets for Children – Right from the Start](#) PCRM
37. ARTICLE: [Vegetarian Diets for Pregnancy](#) PCRM
38. ARTICLE: [Weight Gain in Vegan Toddlers](#) Brenda Davis RD
39. ARTICLE: [Where Do Our Tastebuds Begin?](#) Plant Pure Nation
40. ARTICLE: [Wholesome Baby Foods from Scratch](#) Karna Peterson RD
41. BOOK: [Becoming Vegan – Comprehensive Edition](#) Brenda Davis RD and Vesanto Melina RD
42. BOOK: [Conscious Parenting](#) Gabriel Cousens MD
43. BOOK: [Disease Proof Your Child](#) Joel Fuhrman MD
44. BOOK: [Everything Vegan Pregnancy Book](#) Reed Mangels PhD
45. BOOK: [Forks Over Knives Family](#) Alona Pulde MD and Matthew Lederman MD
46. BOOK: [God Takes Care of Everything](#) Supreme Master Ching Hai (Free Download, children's book)
47. BOOK: [Healthy Eating for Life for Children](#) Amy Lanou PhD
48. BOOK: [Native American Children's Cooking Curriculum Ages 5-15](#) Chef Lois Ellen Frank PhD (PCRM) (Free Download)

49. BOOK: [Raising Vegetarian Children](#) Joanne Stepaniak MEd and Vesanto Melina RD
50. BOOK: [Stephen the Vegan](#) (children's book) Bodenstein and Robrahn
51. BOOK: [Vegan Holiday](#) (children's book) Courtney Hufer
52. BOOK: [Vegan I Am: Colouring Book with Recipes, Activities and Resource Guide](#) Erinn Sneed
53. BOOK: [Vegan Mom To Be](#) Wendy Louise Hagler
54. BOOK: [Vegan Nutrition for Pregnancy and Breastfeeding](#) Vesanto Melina RD & Brenda Davis RD
55. BOOK: [Vegan Pregnancy Survival Guide](#) Sayward Rebhal
56. BOOK: [Your Vegetarian Pregnancy](#) Holly Robers DO
57. BOOK SERIES: [Mitch Spinach](#) book series for children aged 3-10. Dr. Joel Fuhrman MD
58. BOOKS: [Vegan Children's Books](#) Maritza Oliver
59. BOOKS: [Vegan Children's Books](#) Ruby Roth
60. COLOURING BOOK: [Christian Vegetarian Association Colouring Book](#)
61. COLOURING BOOK: [God's Garden Friends](#) Dr. Scott and Kristen Stoll
62. BROCHURE: [Children and a Vegetarian Diet](#) Earthsave
63. PAMPHLET: [Nutrition for Kids](#) PCRM
64. VIDEO: [Pregnancy and Children](#) (66 min.) John McDougall MD
65. VIDEO: [Raising a Vegan Generation](#) (15 min.) Andy Mars PhD (Supreme Master TV)
66. VIDEO: [Raising a Vegan Generation](#) (54 min.) Andy Mars PhD (San Francisco Vegetarian Society)
67. VIDEO: [Raising Vegan Children and Homeschooling](#) (86 min.) Animal Rights Academy
68. VIDEO: [Tricks to Get Children to Eat Healthier](#) (4 min.) NutritionFacts.Org
69. VIDEO PORTAL: [Kids' Wonderland Shows for kids.](#) (Supreme Master TV)
70. WEB PORTAL: [United Poultry Concerns Educational materials for children.](#)
71. WEB PORTAL: [Bless the Children Support group for vegan foster children.](#)
72. WEB PORTAL: [Children's Health: Disease-proof your children through nutritional excellence](#) Joel Fuhrman MD
73. WEB PORTAL: [Christian Vegetarian Association](#)
74. WEB PORTAL: [Copy Kids](#)
75. WEB PORTAL: [Healthy Families](#) PCRM
76. WEB PORTAL: [PETA Kids](#)
77. WEB PORTAL: [Plantrician Project](#)
78. WEB PORTAL: [Positive Vegan Parenting](#)
79. WEB PORTAL: [Pregnancy and Children](#) John McDougall MD
80. WEB PORTAL: [Raise Vegan](#)
81. WEB PORTAL: [Raising Veg Kids](#)
82. WEB PORTAL: [Super Healthy Children](#) Karen Ranzi *Tips for vegan families.*
83. WEB PORTAL: [Veg Family](#)
84. WEB PORTAL: [Vegan Evan](#) *Blog created by a 7-year old vegan.*
85. WEB PORTAL: [Vegan Mom](#) *Blog that offers resources for vegan families.*
86. WEB PORTAL: [Vegan Momma](#) *Support group for vegan mothers.*
87. 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. [Dr. Fuhrman's Health Immersions](#)
5. [Dr. McDougall's 10-Day Health Program](#) (Santa Rosa, CA)
6. [Feed Life](#) (Vancouver)
7. [Food Choices Academy for Health Studies](#) (Online) Dr. Pam Popper ND
8. [Forks Over Knives](#) (Online)
9. [George Washington University School of Medicine and Health Sciences Nutrition Continuing Education Credits](#) (for Health Professionals)
10. [Gentle Gourmet Intitute](#) 4-Week Vegan Cuisine Certification Program

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11. [Hippocrates Health Institute](#)
 12. [Learn Raw Food](#) (Jennifer Cornbleet - Online)
 13. [Live Online Vegan E-Course](#) (FREE!)
 14. [Living Light Culinary Arts Institute](#)
 15. [Newstart Lifestyle Programs](#) (Weimar, CA)
 16. [Nutrition for a Healthy Heart](#) T. Colin Campbell Foundation and eCornell
 17. [PCRM Kickstart](#) (FREE! International)
 18. [Plantzst Recipe Club](#) (Online)
 19. [Pure Joy Planet](#) (Online)
 20. [Ramses Bravo PB](#) (Online)
 21. [Raw Chef](#) (Online)
 22. [Raw Rose](#)
 23. [Revive Medicine](#) (Victoria)
 24. [Rouxbe](#)
 25. [Super Immunity with Joel Fuhrman MD](#)
 26. [Sustainable Diet](#) (online)
 27. [The Farm Vegan Cooking Workshops](#) (Tennessee)
 28. [Tree of Life Rejuvenation Center Live Food Workshops](#) (Patagonia, Arizona)
 29. [True North Health Center Cooking Classes](#) (Santa Rosa, CA)
 30. [Vegan Cooking Workshop](#)
 31. [Vegan Fusion Cuisine 5 & 10 Day Immersions](#)
 32. [Vegan Nutrition Mastery Program](#) (online) Veg Health Institute
 33. [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. [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. [Starch Solution Certification Course](#) John McDougall MD
12. [Vegan Fusion Teacher Training](#)
13. [Vegan Nutrition Certification Program](#) (online) Veg Health Institute
14. [World Peace Diet Facilitator Training](#)

DVDs for Purchase

1. [Eating Like a Nutritarian](#) Joel Fuhrman MD
15. [Fast Food Vol. 1: The Basics](#) Jeff Novick RD
16. [Fast Food Vol. 2: Burgers and Fries](#) Jeff Novick RD
17. [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. [Vegetarian Resource Group Blog](#)
18. [VegNews](#)
19. [Vegetarian Friends](#)
20. [Vegetarian Society of Hawaii Newsletter](#)
21. [Victoria VegEd Quarterly Info Letter](#)
22. [What's Cooking Bulletin by Dr. Joel Fuhrman](#)
23. [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. [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. [Cooking Without Oil](#) T Colin Campbell Center for Nutrition Studies
10. [Dietary Reference Intakes](#) (Canada)
11. [Dietary Reference Intakes](#) (USA)
12. [Eat Weeds?](#) Sergei Boutenko
13. [Eating Guidelines for Vegans](#) Dieticians of Canada
14. [eaTracker](#)
15. [Food Labels](#) (Government of Canada)
16. [Food Labelling Chaos Report](#)
17. [FoodWatch](#)
18. [Guide to Food Ingredients](#) Vegetarian Resource Group
19. [Health Supporting Eating Plan](#) Michael Klaper MD
20. [Healthy Grocery List](#) Scott Stoll MD
21. [How to Cook Without Oil](#) Darshana Thacker
22. [How to Read Nutrition Labels](#)
23. [Ingredients to Avoid](#) Happy Cow
24. [*Linus Pauling Institute Micronutrient Information Center](#)
25. [Maximum Nutrition](#) Michael Greger MD
26. [Micronutrient Information Center](#) Linus Pauling Institute (Oregon State University)
27. [Nine Food Label Lies](#)
28. [Nutrient Sources \(Protein, Calcium, Iron, etc.\)](#) Soystache
29. [Nutrition Facts](#)
30. [Nutrition Tips](#)
31. [Optimum Nutrition Requirements](#) Michael Greger MD
32. [PCRM Ingredient Substitution Chart](#)
33. [Plant Plate](#) Ginny Messina RD
34. [Plant-based Diet Booklet](#) Kaiser Permanente
35. [Plant-based Plate](#) Reshma Shah MD and Brenda Davis RD
36. [Post Harvest Handling of Mangos](#) (powerpoint presentation)
37. [Power Plate](#) PCRM
38. [Prepare and Preserve Ginger and Garlic](#) Vegan Lovlie
39. [Resolving Corruption: How to "Reboot" Your Brain so that Healthy Eating is Preferred](#)
40. [Substitutes for Fat Free Cooking](#) Fat Free Vegan
41. [Understanding Food Labels](#)
42. [Ultimate Vegan Baking Cheat Sheet](#)
43. [Universal Meal Guidelines: Foods Everyone Can Enjoy](#) PCRM
44. [USDA Food Composition Databases](#)
45. [USDA Reports by Single Nutrients](#)
46. [Vegan Baking Substitutions Guide](#)
47. [Vegan Emergency Food Guide](#) Food For Life Global
48. [Vegan Food Pyramid](#)
49. [Vegan Ingredient Substitution Chart](#) PCRM

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50. [Vegan Plate Food Guide](#) Becoming Vegan
 51. [Veg-E News Food Glossary](#)
 52. [Vegetarian Journal Guide to Food Ingredients](#)
 53. [Vegetarian Nutrition – Six Stumbling Blocks](#) Becoming Vegan
 54. [Well Stocked Pantry and Fridge](#) Robyn Chuter ND (Empower Total Health)
 55. [What to Eat](#) Alan Goldhamer DC
 56. [Whole Foods, Plant-based Guide](#) T. Colin Campbell Center for Nutrition Studies
 57. [Why Vegetable Mineral Broth Is Healthier than Bone Broth](#) Marlene Watson-Tara
 58. [Your Transition to Healthful Eating](#)

PERIODICALS

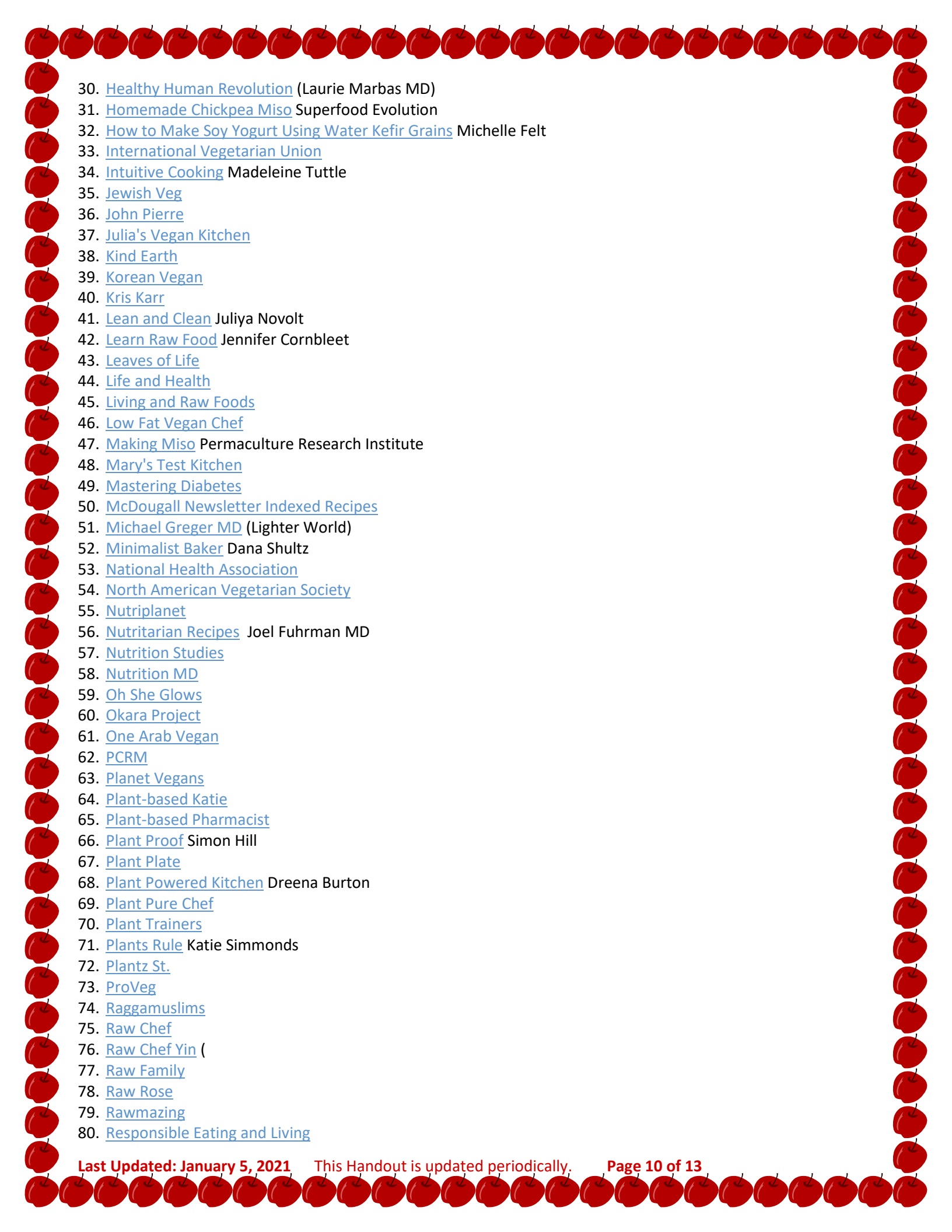
1. [BC Vegan Magazine](#)
2. [Cook Vegan Magazine](#)
3. [Disease Prevention and Reversal Digest](#) Plantrician Project
4. [Dr. Barnard's Blog](#)
5. [Dr. Fuhrman's Newsletter](#)
6. [Dr. Klaper's Newsletter](#)
7. [Dr. McDougall's Newsletter](#)
8. [Driftwood Magazine](#) (vegan travel and culture magazine)
9. [Food Pharmacy Newsletter](#)
10. [Happy Cow Moozine](#)
11. [*Impact Magazine](#) (Canadian vegan friendly fitness oriented magazine)
12. [La Fashionista Compassionista](#) (vegan fashion magazine)
13. [Laika Magazine](#) (vegan lifestyle magazine)
14. [Meat Your Future](#) Blog
15. [Naked Food Magazine](#)
16. [Nourish Magazine](#) Australia (plant based living)
17. [Nutrition Facts Org Newsletter](#)
18. [Perfect Formula Diet](#) Blog
19. [Physician's Committee for Responsible Medicine](#) News Updates
20. [Plant Based Pharmacist](#) Blog
21. [Planet Friendly News](#)
22. [Plantz Recipe Club](#)
23. ["The Vegan" Magazine](#)
24. [UC Davis Integrative Medicine](#) Recipe Blog
25. [Vegan Dietician](#) Blog
26. [Vegan Food and Living](#) Magazine
27. [Vegan Health and Fitness Magazine](#)
28. [Vegan Herald](#)
29. [Vegan Life Magazine](#)
30. [Vegan Lifestyle Magazine](#)
31. [Vegan Magazine](#)
32. [Veganista](#)
33. [VegE-News](#)
34. [VegNewsletter](#)
35. [VegNews Magazine](#)
36. [VegWorld Magazine](#)
37. [Victoria VegEd Infoletter](#)
38. [V-Stream Magazine](#)
39. [Whole Foods Blog Finder](#) Perfect Formula Diet Blog
40. [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. [All-Creatures.Org Recipes](#)
2. [Amanda Nicole Smith](#)
3. [Berkeley Buddhist Monastery](#)
4. [Brand New Vegan](#) (Chuck Underwood)
5. [Brenda Davis RD](#)
6. [Buddha Gate Monastery](#)
7. [Buddhist Chef](#)
8. [By Any Greens Necessary](#) (Tracye McQuirter)
9. [Chef Ramses Bravo](#)
10. [Compassionate Road](#)
11. [Complete Guide to Home Canning](#) United States Department of Agriculture
12. [Cooking with Plants](#)
13. [Culinary Gym](#) (Katie Mae)
14. [Darshana's Kitchen](#)
15. [Deliciously Raw Kitchen](#) (Deborah Durrant)
16. [Eat Plant-Based](#)
17. [Empower Total Health](#)
18. [Engine 2 Diet](#)
19. [Exceedingly Vegan](#)
20. [Explore Raw](#) (Stephanie Jeffs)
21. [FatFree Vegan](#) John McDougall MD
22. [Feed Life](#)
23. [Food for Life](#) PCRM
24. [Food for the Soul](#) Opore Institute
25. [Forks over Knives](#)
26. [Gift of Health](#)
27. [Hallelujah Acres](#)
28. [Happy Herbivore](#) (Lindsay Nixon)
29. [Healing Heart Foundation](#) (Neal Pinckney PhD)

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30. [Healthy Human Revolution](#) (Laurie Marbas MD)
 31. [Homemade Chickpea Miso](#) Superfood Evolution
 32. [How to Make Soy Yogurt Using Water Kefir Grains](#) Michelle Felt
 33. [International Vegetarian Union](#)
 34. [Intuitive Cooking](#) Madeleine Tuttle
 35. [Jewish Veg](#)
 36. [John Pierre](#)
 37. [Julia's Vegan Kitchen](#)
 38. [Kind Earth](#)
 39. [Korean Vegan](#)
 40. [Kris Karr](#)
 41. [Lean and Clean](#) Juliya Novolt
 42. [Learn Raw Food](#) Jennifer Cornbleet
 43. [Leaves of Life](#)
 44. [Life and Health](#)
 45. [Living and Raw Foods](#)
 46. [Low Fat Vegan Chef](#)
 47. [Making Miso](#) Permaculture Research Institute
 48. [Mary's Test Kitchen](#)
 49. [Mastering Diabetes](#)
 50. [McDougall Newsletter Indexed Recipes](#)
 51. [Michael Greger MD](#) (Lighter World)
 52. [Minimalist Baker](#) Dana Shultz
 53. [National Health Association](#)
 54. [North American Vegetarian Society](#)
 55. [Nutriplanet](#)
 56. [Nutritarian Recipes](#) Joel Fuhrman MD
 57. [Nutrition Studies](#)
 58. [Nutrition MD](#)
 59. [Oh She Glows](#)
 60. [Okara Project](#)
 61. [One Arab Vegan](#)
 62. [PCRM](#)
 63. [Planet Vegans](#)
 64. [Plant-based Katie](#)
 65. [Plant-based Pharmacist](#)
 66. [Plant Proof](#) Simon Hill
 67. [Plant Plate](#)
 68. [Plant Powered Kitchen](#) Dreena Burton
 69. [Plant Pure Chef](#)
 70. [Plant Trainers](#)
 71. [Plants Rule](#) Katie Simmonds
 72. [Plantz St.](#)
 73. [ProVeg](#)
 74. [Raggamuslims](#)
 75. [Raw Chef](#)
 76. [Raw Chef Yin](#) (
 77. [Raw Family](#)
 78. [Raw Rose](#)
 79. [Rawmazing](#)
 80. [Responsible Eating and Living](#)

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81. [SHARAN India](#)
 82. [Smoothie Shred](#) (Brooke Goldner MD)
 83. [Soto-Zen Net](#)
 84. [Starch Queens](#)
 85. [Straight up Food](#)
 86. [*Superfood Evolution](#)
 87. [Supreme Kitchen Worldwide Web](#)
 88. [Supreme Master TV Cooking Videos](#), with printed recipe following each video
 89. [Sustainable Diet](#)
 90. [Ten Talents](#)
 91. [This Rawsome Vegan Life](#)
 92. [UC Davis Integrative Medicine](#)
 93. [Veg Web](#)
 94. [Vegan Coach](#) and [Vegan Coach Site Map](#) Scroll down page to find cooking tips, etc...
 95. [Vegan Feast Kitchen](#)
 96. [Vegan Fusion](#)
 97. [Vegan Ireland](#)
 98. [Vegan Lovlie](#)
 99. [Vegan Mexican Food](#)
 100. [Vegan Miam](#)
 101. [Vegan Peace](#)
 102. [Vegan Recipe Club UK](#)
 103. [Vegan Recipes for School Lunch Programs](#) Bragg Health Institute
 104. [Vegan Recipes from Around the World](#)
 105. [Vegan Richa](#) East Indian recipes
 106. [Vegan Runner Eats](#)
 107. [Vegetarians in Paradise](#)
 108. [Veggie Primer](#)
 109. [Veggie Queen](#)
 110. [Water Kefir Fermentation and Grains](#) Happy Gut Pro
 111. [Whole Hearted Eats](#)
 112. [World of Consciousness](#)
 113. [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

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. [Holiday Recipes with the Chef and the Dietician](#) (40 min.) Chef AJ and Julieanna Hever RD
9. [Inspire Your Family to Love Plant-based Whole Foods](#) (75 min.) Timaree Hagenburger RD
10. [Juicing to Heal and Prevent Cancer](#) (8 min.) An Oasis of Healing
11. [Madeleine's Green Smoothie](#) (6 min.)
12. [Madeleine's Plum-Zuccinni Strudel](#) (13 min.)
13. [Madeleine's Raw Nut Milk Making" with Madeleine Tuttle](#) (8 min.)
14. [Madeleine's Verbena and Stevia Tea](#) (8 min.)
15. [Madeleine's Vegan Apple Pie](#) (14 min.)
16. [Madeleine's Vegan Gratima for Christmas](#) (12 min.)
17. [Madeleine's Vegan Kefir](#) (16 min.)
18. [Madeleine's Vegan Lasagna](#) (13 min.)
19. [Miyoko's Un-Turkey](#) (22 min.)
20. [Plant-based Cooking Demo with Katie Mae](#) (89 min.)
21. [Plant-based Thanksgiving with Julieanna Hever RD](#) (83 min)
22. [Sauerkraut](#) Alex Lewin (8 min.)
23. [Should I Eat That?](#) (7 min.) Jeff Novick
24. [Simple Raw Food](#) (57 min.) Adiel Tel-Oren
25. [Spectacular Soups Without Cooking](#) (74 min.) Cherie Soria
26. [Spicy Red Pepper Chipotle Hummus](#) (11 min.) Cherie Soria
27. [Turkey Loaf](#) (12 min.) Chef Brian McCarthy

VIDEO COLLECTIONS

1. [Becoming Vegan Series](#) Brenda Davis RD and Vesanto Melina RD
2. [Carrots Restaurant](#)
3. [Chef AJ](#)
4. [Connie's Rawsome Kitchen](#)
5. [Cooking with Plants](#)
6. [Delectable Planet](#)
7. [Dr. Fuhrman](#)
8. [Everyday Dish TV](#)
9. [Food for Thought With the Benton Sisters](#)
10. [Gentle Chef](#)
11. [Guilt Free TV](#)
12. [Hallelujah Acres Healthy Eating Videos \(Cooking Demos\)](#)
13. [Happy Cow](#)
14. [Happy Pear](#)
15. [High Carb Health](#)
16. [Jason Wrobel](#)
17. [Living Light Culinary Institute](#) (Cherie Soria)

18. [Madeleine Tuttle Intuitive Cooking Demos](#)
19. [Mary's Test Kitchen](#)
20. [Miyoko's Home Comforts Cooking Series](#) (Miyoko Schinner)
21. [Miyoko Schinner](#)
22. [Raw Chef Yin](#)
23. [Real Food Show](#) (Responsible Eating and Living)
24. [Rouxbe Live Events](#) (Recordings)
25. [SHARAN India](#)
26. [Straight Up Food](#) (Cathy Fisher)
27. [Supreme Kitchen Worldwide Web](#)
28. [Suprememaster TV Cooking Shows](#)
29. [Team Sherzai](#)
30. [Vaidya Priyanka](#)
31. [Veg News](#)
32. Vegan Cooking with Love [Website](#) and [Youtube](#)
33. [Vegan Lovlie TV](#)
34. [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 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 Ori Shavit](#)
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. [International Vegetarian Union World](#)
5. [Nutrition Professor](#) (Timaree Hagenburger RD)
6. [Raw Food Education](#) (Drs Rick and Karen Dina, DCs)
7. [Veg Health Institute](#)
8. [Vegetarian Resource Group](#)
9. [Vesanto Melina RD](#)