

Recommended Plant-Based Eating Resources

Why Eat (More) Plant-Based?

- Watch [The Game Changers](#)
- Watch [ForksOverKnives](#)
- Watch [Cowspiracy](#)
- Read [The Starch Solution](#), John A. McDougall, MD and Mary McDougall. Easy to read and life changing.

[Nutrition Facts](#) Abundant videos searchable by health topics and more. [Introductory Video](#), Michael Greger, M.D. FACLM

[Carnism](#) Learn about this largely undistinguished context in which we are taught to eat certain animals. Short videos: [Carnism and its Consequences](#), [Beyond Carnism and Toward Rational, Authentic Food Choices](#), [The Secret Reason We Eat Meat](#).

How to Reduce or Eliminate Meat, Dairy, and Eggs

[Reducetarian](#) Want to make a difference without a huge life-style change? A large base of people reducing meat benefits our planet and all beings. By influencing supply and demand, more plant-based food is available for all.

[Meatless Monday](#) Starting your plant-based journey slowly can still make a difference for your health, our planet, and for the animals.

[Physicians Committee for Responsible Medicine](#) (PCRM) Jump in! [21-Day VeganKickstart](#) Free program to access everything you need to start a whole food, plant-based diet. Daily nutrition video, recipes, mobile app and more from.

[PETA's Three Easy Steps](#) Listing mock meats and cheeses, Peta offers steppingstones towards being whole food, plant-based.

[McDougall 10-Day Program](#) Dr. McDougall offers for free the same program online that he currently uses at his resort-based 10-day residential clinic in Santa Rosa, CA.

[Forks Over Knives](#) Many tools including a cooking courses, meal planner, and recipes.

[Complete Health Improvement Program \(CHIP\)](#) CHIP offers education in health, lifestyle, food preparation and more. Not free, though comprehensive and highly recommended if budget allows.

[Brooke Goldner, M.D.](#) Dr. Goldner offers vegan health consultation online, free webinars, and more. Author of *Goodbye Lupus*, *Goodbye Autoimmune Disease*, and expert in disease reversal.

Additional Films

[WhatTheHealth](#) [Eating You Alive](#) [FoodChoices](#)—

[Peaceable Kingdom: The Journey Home](#)

More Books

[Michael Greger, M.D. FACLM](#), Author of *How Not to Die*, *How Not to Die Cookbook*, *How Not to Diet*, and *How to Survive a Pandemic*.

[The China Study: Revised and Expanded Edition](#): The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-Term Health, T. Colin Campbell, PhD and Thomas M. Campbell, MD. Original edition [summary](#).

[The World Peace Diet](#), Will Tuttle PhD. This is an insightful textbook for world peace. Dr. Tuttle is an est graduate and former Zen monk whose distinctions will rock your world.

Focusing on Recipes and Eating Out

[Krocks in the Kitchen](#) Inspiration, recipes, support as a formerly 799 lb young couple gets healthy while chronicling their adventure.

[HappyCow](#) Find vegan restaurants and more using the search options.

[NutmegNotebook](#) Delicious whole food plant-based recipes, cooking tips, & resources.

[The Foodie Bar Way](#) Cookbook geared for cooking for families, shopping guide, more.

[Smoothie Shred](#) Free smoothie recipes and more.

Vegan Mentors

[Reuben Guzman](#) MPH, ACLM. Landmark Graduate +. Coaching, author of *Evolving Health*, powerful [free seminars](#) and weekend Evolving Health 2-Day Intensive course.

[Linda Middlesworth](#) Food for Life Nutrition: Cancer and Diabetes Prevention and Reversal Cooking classes, PCR.M. 30-day online vegan course.

Support and Activism

[Meetup Groups](#) Almost certainly a vegan meetup in your area. Nothing beats the confidence and partnership gained by meeting face-to-face with others—even if online.

[Facebook Groups](#) Many local and other specific groups including Unlimited Vegans--A space for Landmark participants and graduates to explore veganism, food, recipes, ideas, possibilities... maybe a few rackets and winning strategies. Revive this inactive group!

[The Vegan Strategist](#) What works in creating a vegan world? Excellent videos, books, and resources.

Questions or comments? info@TheVeganBaba.com