

Websites

Websites with more information, recipes and meal plans:

www.forksoverknives.com

www.drmcDougall.com

www.drmcDougall.com/health/education/recipes/mcDougall-recipes

www.21daykickstart.org (some processed vegan foods; transition foods)

www.engine2diet.com

www.plantchefclub.com (weekly meal plans/recipes/resources for a fee)

Website for evidence based nutrition information; is non-commercial and non-profit

www.nutritionfacts.org

Cookbooks

Plant Powered Families by Dreena Burton

Forks Over Knives, The Cookbook by Del Sroufe

The China Study All-Star Collection by Leanne Campbell, PhD

Straight Up Food by Cathy Fisher

The McDougall Quick and Easy Cookbook by John McDougall M.D. and Mary McDougall

There are also recipe Apps for your electronic devices you can buy off the Forks over Knives, and Dr. McDougall websites.

Books

The Healthiest Diet on the Planet by John McDougall M.D.

The China Study by T. Colin Campbell, PhD, and Thomas M. Campbell II, M.D.

Prevent and Reverse Heart Disease by Caldwell B. Esselstyn Jr., M.D.

The End of Dieting by Joel Fuhrman M.D.

Proteinaholic by Garth Davis M.D.

How Not to Diet by Michael Greger M.D.

How Not to Die by Michael Greger M.D.

Movies/Documentaries (Most on Netflix)

The Game Changers (2019)

Forks Over Knives (2011)

Eating You Alive (2016)

What the Health (2017)

Plant Pure Nation (2015)

Cowspiracy (2014)

Food, Inc. (2008)

Engine 2 Kitchen Rescue (2011)

Other Resources

www.plantpurenation.com

Has whole food plant based meals ready made (flash frozen) that can be shipped to you. This would be more expensive, but if you are short on time and want this convenience, this is available to you.

www.goleafside.com

Whole Food Plant Based meals: good for traveling, just add boiling water.

<https://www.facebook.com/groups/PlantBasedEatingforHealth/>

Facebook group, to network with others following a whole food plant based lifestyle.

Free Phone App for Android and I-Phone:

Dr. Greger's Daily Dozen

Gives you information on all of the foods to try to get into your diet each day, with serving sizes as well as water intake and exercise; also included are the "21 Tweaks" to help with weight loss

Search: "Dr. Greger's Daily Dozen"

Scott E. Wagnon PA-C has no financial ties/disclosures to the items and resources listed in this handout