

# Plant-based diet resources

## Health Engagement and Wellness Services

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The following represents only a small sample of resources available about plant-based diets. As you explore options, be sure to do some research to ensure the source or its sponsor is reputable.

### Books

- *Becoming Vegan — Express Edition: The Everyday Guide to Plant-based Nutrition* by Brenda Davis and Vesanto Melina, 2013.
- *The Engine 2 Diet* by Rip Esselstyn, 2011.
- *Never Too Late to Go Vegan: The Over-50 Guide to Adopting and Thriving on a Plant-Based Diet* by Carol J Adams, Patti Breitman, and Virginia Messina, 2014.
- *VB6: Eat Vegan Before 6:00* by Mark Bittman, 2013.
- *Vegan for Life: Everything You Need to Know to Be Healthy and Fit on a Plant-Based Diet* by Jack Norris and Virginia Messina, 2011.

### Cookbooks

- *How to Cook Everything Vegetarian* by Mark Bittman, 2007.
- *Isa Does It* by Isa Chandra Moskowitz, 2013.
- *Thrive Foods* by Brendan Brazier, 2011.
- *Vegan with a Vengeance, 10th Anniversary Edition: Over 150 Delicious, Cheap, Animal-Free Recipes That Rock* by Isa Chandra Moskowitz, 2015.

### Websites and blogs

- [nutritionmd.org](http://nutritionmd.org)  
By The Physician's Committee for Responsible Medicine. Includes general plant-based nutrition info, recipe database, and recipe and menu makeover tips.
- [ornishspectrum.com/ornish-living](http://ornishspectrum.com/ornish-living)  
Free, bi-weekly newsletter sent via email from Dr. Dean Ornish's clinical team members representing each of the four pillars of the Ornish program: nutrition, fitness, stress management, and love and support.
- [theveganrd.com](http://theveganrd.com)  
Thoughts on being vegan by Virginia Messina, RD, a teacher, speaker, and co-author of 3 books on plant-based nutrition.
- [vegetariannutrition.net](http://vegetariannutrition.net)  
By the Vegetarian Nutrition Dietetic Practice Group of the Academy of Nutrition and Dietetics. Includes vegetarian recipes and articles by registered dietitians.
- [thepurplecarrot.com](http://thepurplecarrot.com)  
The Purple Carrot is a subscription service that sends meal kits directly to your home with pre-measured ingredients so you can create plant-based meals.
- [vrg.org](http://vrg.org)  
The Vegetarian Resource Group is a nonprofit organization that educates the public about vegetarianism and the interrelated issues of health, nutrition, ecology, ethics, and world hunger.