



PLANTPURE COMMUNITIES

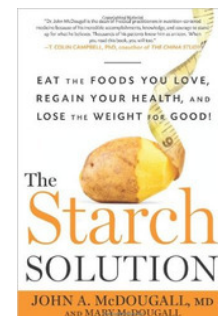
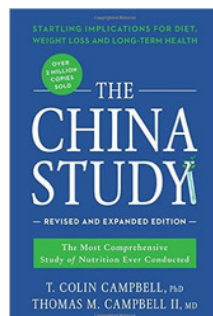
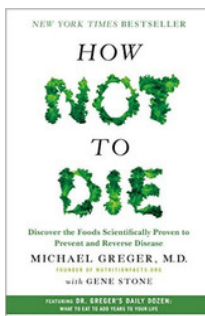
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INFO SHEET: WFPB BOOKS & COOKBOOKS

A list of books on the whole food, plant-based (WFPB) lifestyle. This list was developed with the help of Healthy World – Sedona, a member organization in the PPC Pod Network.

Books on the WFPB Lifestyle:

- *Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples*, by John Robbins
- *How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease*, by Michael Greger, M.D. and Gene Stone
- *My Beef with Meat: The Healthiest Argument for Eating a Plant-Strong Diet*, by Rip Esselstyn
- *Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory*, by Dr. Neal Barnard, M.D.
- *Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure*, by Caldwell Esselstyn, Jr., M.D.
- *The Campbell Plan*, by Thomas Campbell, M.D.
- *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-term Health*, by T. Colin Campbell, PhD and Thomas Campbell, M.D.
- *The Starch Solution: Eat the Foods You Love, Regain Your Health, and Lose the Weight for Good!*, by John McDougall, M.D. and Mary McDougall
- *Whole: Rethinking the Science of Nutrition*, by T. Colin Campbell, PhD and Howard Jacobson, PhD



We welcome your suggestions and ideas!
Please send them to info@plantpurecommunities.org

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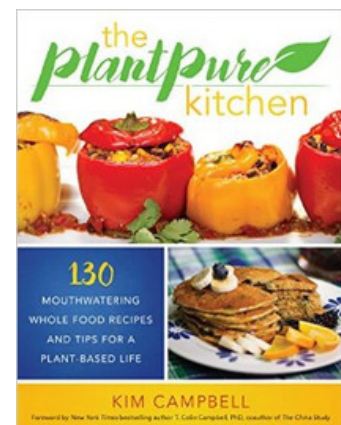
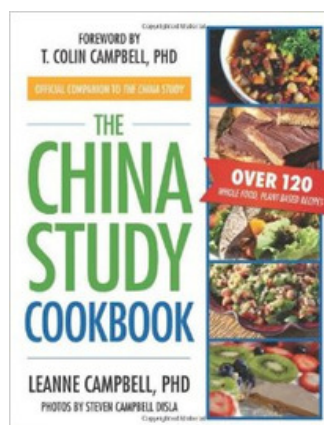
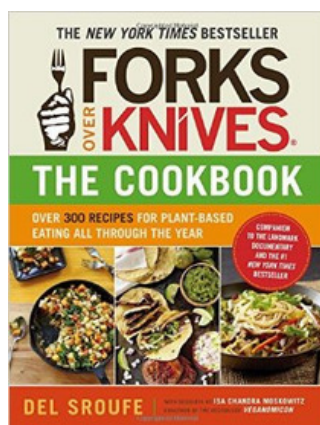
INFO SHEET: WFPB BOOKS & COOKBOOKS

Below is a list of books on the Whole Food, Plant-Based (WFPB) Lifestyle. All books are available at Amazon.com. This list was developed with the help of the Healthy World - Sedona Group:

Great Cookbooks (to supplement the recipes found in many of the books above):

Note: The latest science (Esselstyn, Campbell, Greger) shows that no added oil is optimal for all recipes. You can easily modify "traditional" vegan recipes to eliminate added oils.

- *Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year*, by Del Sroufe and Isa Chandra Moskowitz
- *The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes*, by LeAnne Campbell and Steven Campbell Disla
- *The PlantPure Kitchen: 130 Mouthwatering, Whole Food Recipes and Tips for a Plant-Based Life*, by Kim Campbell
- *The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film with over 150 Plant-Based Recipes*, by Kim Campbell



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