



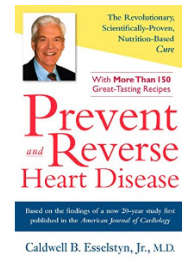
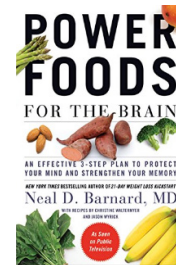
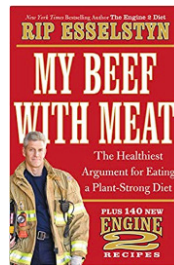
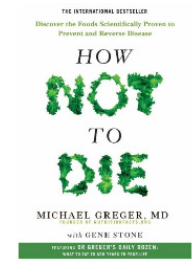
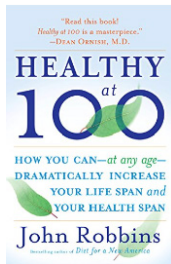
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INFO SHEET: RECOMMENDED BOOKS AND COOKBOOKS ON A WFPB DIET

There are many excellent books and cookbooks on the whole food, plant-based (WFPB) lifestyle. All the books listed here are available at Amazon.com. This list was developed with the help of the Healthy World - Sedona Group:

Books on the WFPB Lifestyle:



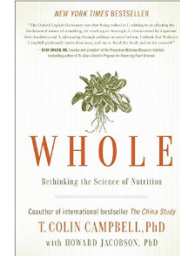
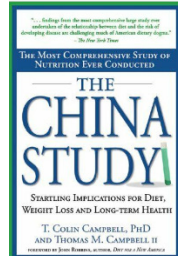
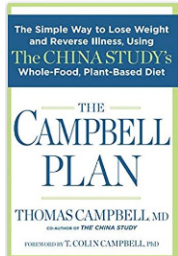
- **Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples**, by John Robbins
- **How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease**, by Michael Greger, M.D. and Gene Stone
- **My Beef with Meat: The Healthiest Argument 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 Clear Skin Diet: The Six-Week Program For Beautiful Skin**, by Nina and Randa Nelson
- **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



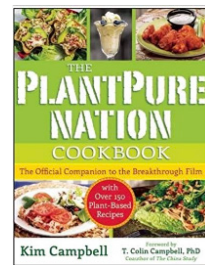
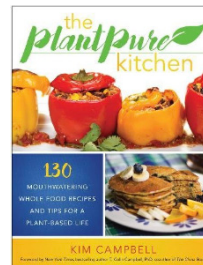
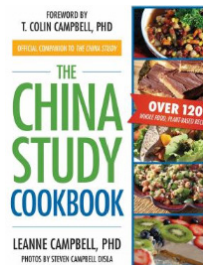
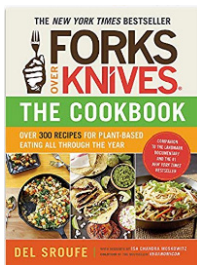
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- Whole: Rethinking the Science of Nutrition, by T. Colin Campbell, PhD and Howard Jacobson, PhD



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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