



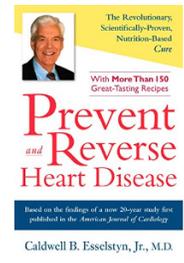
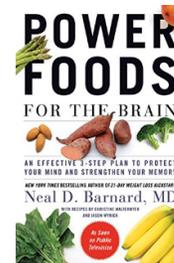
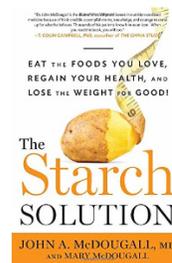
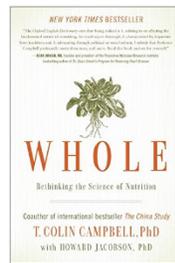
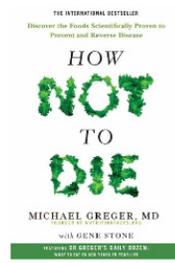
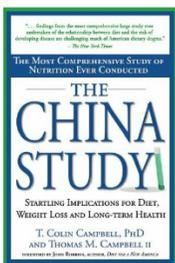
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INFO SHEET: RECOMMENDED BOOKS AND COOKBOOKS ON A WFPB DIET

There are many excellent books and cookbooks on the whole food, plant-based (WFPB) lifestyle, all available from Amazon. This list was developed with the help of Healthy World Sedona (a member organization of the PPC Pod Network).

Books on the WFPB Lifestyle:



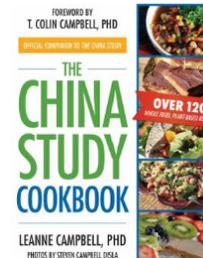
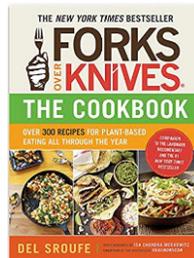
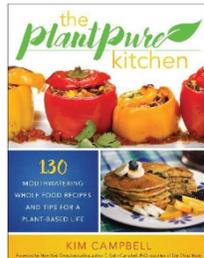
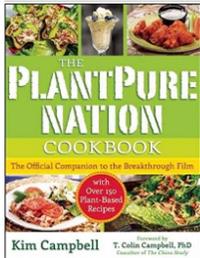
- The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss, and Long-term Health, by T. Colin Campbell, PhD and Thomas Campbell, M.D.
- How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease, by Michael Greger, M.D. and Gene Stone
- Whole: Rethinking the Science of Nutrition, by T. Colin Campbell, PhD and Howard Jacobson, PhD
- 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
- 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.
- Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest-Lived Peoples, by John Robbins
- The Clear Skin Diet: The Six-Week Program For Beautiful Skin, by Nina and Randa Nelson



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Cookbooks Packed with Delicious Oil-free, Plant-based Recipes



- The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film with over 150 Plant-Based Recipes, by Kim Campbell
- The PlantPure Kitchen: 130 Mouthwatering, Whole Food Recipes and Tips for a Plant-Based Life, by Kim Campbell
- 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 photos by Steven Campbell Disla
- Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes, by Dreena Burton
- Note: The latest science (Dr. Campbell, Dr. Greger, Dr. Esselstyn) shows that no added oil is optimal for all recipes. You can easily modify “traditional” vegan recipes to eliminate added oils.

We welcome you to send suggestions and ideas to info@plantpurecommunities.org. This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated June 2020.