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
### 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.

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*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.*