



Tarter Family Medicine

Whole Food Plant-Based Resources

Videos

What the Health - Netflix

Forks over Knives -Netflix

Engine 2 Diet -Netflix

The China Study -Netflix

Plant Pure Nation -Netflix

Vegan 2017 - YouTube

YouTube Channels

High Carb Hannah

Fork Over Knives

The Whole Food Plant-Based Cooking Show

Jeanne Schumacker - Starch Queens

Happy Healty Vegan

Maddie Lymburner

Those Annoying Vegans

Caitlin Shoemaker

Eating You Alive

Plant-Based News

Mic. The Vegan

Plant-Based Science London

NutritionFacts.org

John McDougall

Books

How Not to Die by Michael Greger, MD

The Healthiest Diet on the Planet by John McDougall, MD

The Starch Solution by John McDougall, MD

Proteinaholic: How Our Obsession with Meat is Killing Us and What We Can Do About It by Garth Davis, MD and Howard Jacobson, PhD

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

Eat to Live by Joel Fuhrman MD

Forks Over Knives: The Plant-Based Way to Health by T. Colin Campbell, PhD and Caldwell B. Esselstyn, MD

The Engine 2 Diet: The Texas Firefighters 28 Day Save Your Life Plan that Lowers Cholesterol and Burns Away the Pounds by Rip Esselstyn

The Cheese Trap: How Breaking a Surprising Addiction Will Help You Lose Weight, Gain Energy, and Get Healthy by Neal Barnard, MD

Whole Food Plant-Based Cookbooks

The How not to Die Cookbook by Michael Greger, MD with Gene Stone

Bravo: Health-Promoting Meals From the TrueNorth Kitchen by Ramses Bravo

The China Study Family Cookbook: 100 Recipes to Bring Your Family to the Plant-Based Table by Del Sroufe

The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film by Kim Campbell

Forks Over Knives: The Cookbook by Del Sroufe

Epic Vegan Instant Pot Cooking: Simple Oil-Free Instant Pot Vegan Recipes for Lazy F@cks by Hannah M Janish and Derek R Howlett

The No Meat Athlete Cookbook: Whole Food, Plant-Based Recipes to Fuel Your Workouts-and the Rest of Your Life by Matt Frazier and Stephanie Romaine

The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to Jump-Start Weight Loss and Help You Feel Great by Neal Barnard, MD and Robyn Webb

Appetite for Reduction: 125 Fast and Filling Low-Fat Vegan Recipes by Isa Chandra Moskowitz and Matthew Ruscigno

The Plant Pure Kitched Cookbook by Kim Campbell

The Change Cookbook: Using the Power of Food to Transform Your Body, Your Health, and Your Life by Milan Ross and Scott Stoll, MD

Happy Herbivore Light and Lean: Over 150 Low-Calorie Recipes with Workout Plans for Looking and Feeling Great by Lindsay S. Nixon

What I Eat For Life: Lose Weight Stay Fit and Healthy by Maddie Lymburner (E-Book)

Keep It Carbed, Baby!: The Official Happy Healthy Vegan Cookbook of High Carb, Low Fat, Plant Based Whole Foods by Anji Bee

Web Sites

Forks over Knives: www.forksoverknives.com

Engine 2 Diet: www.engine2diet.com

Eat to Live: www.drfuhrman.com

Dr. McDougall's Health and Medical Center: www.drmcDougall.com

Physicians Committee For Responsible Medicine (PCRM): www.pcrm.com

Raw Till Whenever: www.rawtillwhenever.com

Eating You Alive: www.eatingyoualive.com

One Green Planet: <http://www.onegreenplanet.org/>

Dr. Greger's Nutrition Facts. Org: www.nutritionfacts.org

Proteinaholic blog: <http://proteinaholic.com/blog/>

Lean and Clean: The Ultimate Plant-Based Weight Loss Guide by Hannah Howlett: <https://www.rawtillwhenever.com/clean-lean>

Happy Healthy Vegan: www.happyhealthyvegan.org

Dr. Michael Klaper, MD Plantbased Physician: <https://doctorklaper.com>

Phone Apps

Forks Over Knives (FOK)

The 21 Day Vegan Kick Start

Happy Cow - Vegan Restaurant Locator

Dr. Greger's Daily Dozen

Four Square - Vegan Restaurant Locator

Dr. McDougall's Health and Medical Center

OneGreen Planet - Vegan Recipes

Instagram

drcheresetarter

nutrition_facts

wthfilm

forksoverknives

plantbasednews

nutrition_facts_org

highcarbhannah

pickuplimesdotcom

miyokos_kitchen

veg_md

jane_esselstyn

engine2diet

dr_esselstyn

happyhealthyvegan

happyherbivore

physicianscommittee

joelfuhrmanmd

nomeatathlete_official

_eatingyoualive

plantpurenation

therealchefaj

asknursekristin

Twitter

@OneGreenPlanet

@FoodMattersFilm

@simplyquionoa_123

@nutrition_facts

@PlantPureNation

@michaelKlapermd

@vegweb

@vegucated

@DrFuhrman

@DrEsselstyn

@therealchefaj

@DeanOrnishMD

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@PCRM

@DrNealBarnard

@TCollinCampbell

@Engine2forLife

@plantpurecomm

@worldofvegan

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