

Miscellaneous Resources

Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure by Caldwell B. Esselstyn, Jr., M.D.

Book: <https://www.amazon.com/Prevent-Reverse-Heart-Disease-Nutrition-Based/dp/1583333002>

Cookbook: <https://www.amazon.com/Prevent-Reverse-Heart-Disease-Cookbook/dp/1583335587>

Forks Over Knives

(movie available to stream for free on the website): <https://www.forksoverknives.com/>

Get the book by Gene Stone! <https://www.amazon.com/Forks-Over-Knives-Plant-Based-Health/dp/1615190457>

How Not to Die by Michael Greger M.D. with Gene Stone

Book: <https://www.amazon.com/How-Not-Die-Discover-Scientifically/dp/1250066115>

Cookbook: <https://www.amazon.com/How-Not-Die-Cookbook-Recipes/dp/1529010810>

How Not to Diet by Michael Greger, M.D., FACLM

Book: <https://www.amazon.com/How-Not-Diet-Groundbreaking-Permanent/dp/1250199220>

Cookbook: <https://www.amazon.com/How-Not-Diet-Cookbook-Permanent/dp/1250199255>

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

<https://www.amazon.com/Whole-Rethinking-Nutrition-Colin-Campbell/dp/1939529840>

Straight Up Food: Delicious and Easy Plant-based Cooking without Salt, Oil or Sugar by Cathy Fisher

<https://www.amazon.com/Straight-Up-Food-Delicious-Plant-based/dp/0997636904>

Blog: <https://www.straightupfood.com/blog/>

Food Rules: An Eater's Manual by Michael Pollan

<https://www.amazon.com/Food-Rules-Eaters-Michael-Pollan/dp/014311638X>

Thug Kitchen: The Official Cookbook: Eat Like You Give a F*ck by Thug Kitchen

<https://www.amazon.com/Thug-Kitchen-Official-Cookbook-Cookbooks/dp/1623363586>

Thug Kitchen (now known as **Bad Manners**) website: <https://www.badmanners.com/>

Environmental Working Group (EWG) Shopper's Guide to Pesticides in Produce

Dirty Dozen: <https://www.ewg.org/foodnews/dirty-dozen.php>

Clean Fifteen: <https://www.ewg.org/foodnews/clean-fifteen.php>

Green Kitchen Stories – Healthy Vegetarian Family Recipes

<https://greenkitchenstories.com/>

The Plantrician Project

<https://plantricianproject.org/>

Nutrition Facts

<https://nutritionfacts.org/>

Victorinox Chef Knives

https://www.victorinox.com/us/en/Products/Cutlery/Chef%27s-Knives/c/CUT_ChefKnives?ScrollPosition=0&maxResults=60