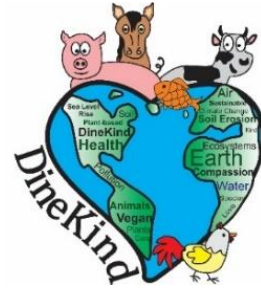


DineKind Recommended Resources



Nutrition & Food

Documentaries on Netflix and other media sources:

– also include meal planners

Forks Over Knives: www.forksoverknives.com

What the Health: www.whatthehealthfilm.com

The Game Changers: <https://gamechangersmovie.com>

Books:

The China Study by T. Colin Campbell, PhD

How Not to Die by Dr. Michael Greger

How Not to Diet by Dr. Michael Greger

Main Street Vegan by Victoria Moran

Websites:

Physician's Committee for Responsible Medicine: www.pcrm.org

Dr. Greger: www.NutritionFacts.org

Colleen Patrick-Goudreau: <https://www.colleenpatrickgoudreau.com/>

Main Street Vegan: www.MainStreetVegan.net

Food Revolution Network: <https://foodrevolution.org/>

The Plantician Project: <https://plantricianproject.org/>

<https://plantricianproject.org/resources>

Recipes:

One Green Planet: www.OneGreenPlanet.org

Magical Loaf Studio: http://www.veganlunchbox.com/loaf_studio.html

– select ingredients and receive a recipe based on those ingredients

UC Davis Integrative Medicine: <http://ucdintegrativemedicine.com/recipes/>

Vegan Street: <http://veganstreet.com/recipes.html>

Environment

Documentaries and Websites:

Cowspiracy: www.Cowspiracy.com

H.O.P.E. What You Eat Matters: <https://www.hope-theproject.com/>

- also covers health and animals

A Well-Fed World: www.awfw.org

Articles:

Go Vegan, save the planet

<https://www.cnn.com/2017/04/08/opinions/go-vegan-save-the-planet-wang/index.html>

Want to save the planet? Go vegan, study says.

<https://www.newsweek.com/want-save-planet-go-vegan-study-says-952789>

Animals:

Be Fair Be Vegan: <https://befairbevegan.com>

HARP for Animals: www.HARPforAnimals.com

Vegan Society: <https://www.vegansociety.com/sites/default/files/CompassionForAnimalsedited.pdf>