

COOKBOOK RECOMMENDATIONS

There are thousands of cookbooks to fit your fancy, but here are a couple of my favorite cookbooks. I like them because they emphasize using whole, in-season foods to nourish the body, mind, and spirit.

- **America's Test Kitchen:** The Complete Plant Based Cookbook
- **Eat Complete:** The 21 Nutrients That Fuel Brainpower, Boost Weight Loss, and Transform Your Health, Drew Ramsey M.D.
- **EATING WHOLE:** Easy & Healthy Whole Food Plant Based Recipes, Michele Swaczyna
- **Fast Food Good Food:** More than 150 Quick and Easy Ways to put Healthy, Delicious Food on your Table, Dr. Andrew Weil
- **Love Real Food:** More Than 100 Feel-Good Vegetarian
& **Favorites to Delight the Senses and Nourish the Body:** A Cookbook, Kathyryne Taylor
- **The Plantpower Way:** Whole Food Plant-Based Recipes
& **Guidance for The Whole Family:** A Cookbook, Julie Piatt and Rich Roll
- **The Whole Truth:** The Eating and Recipe Guide, Andrea Beaman
- **True Food:** Seasonal, Sustainable, Simple, Pure, Dr. Andrew Weil

And here's a few fun and inspiring Instagram accounts and apps to support recipe inspiration, plant-based cooking, and nutrition information:

- @just.ingredients
- @themodernnonna
- @veganrecipesideas
- @healthygirlkitchen
- @meatlessmonday
- **EWG Healthy Living App,** Scores Food and Personal Care Products Skin Deep
- **Foodvisor App,** Identifies Food and gives breakdown of calories and macronutrients
- **OpenFoodFacts App,** Food Quality Scores
- **RecipeIQ App,** Recipe organizer and Nutrition Calculator
- **SIFT App,** Food Label Scanner
- **Yuka App,** Food & Cosmetic Scanner