

## Whole-Food Plant-Based Nutrition Resources:



### Resources:

- Power Plate: <http://www.pcrm.org/sites/default/files/images/health/pplate/EveryMealPowerPlate.pdf>
- Power Plate Shopping List: <https://p.widencdn.net/sm0knq/Power-Plate-Shopping-List>
- Fiber Checklist: <https://p.widencdn.net/adwpgp/14362-OUT-updated-fiber-checklist-FINAL>
- Vegetarian Starter Kit: <http://www.pcrm.org/sites/default/files/pdfs/health/vsk.pdf>
- Healthy Eating for Life: <http://www.pcrm.org/sites/default/files/pdfs/health/HealthyEatingforLife.pdf>
- The Cancer Survivor's Guide:  
[https://pcrm.org/sites/default/files/pdfs/health/cancer/Cancer\\_Survivors\\_Guide.pdf](https://pcrm.org/sites/default/files/pdfs/health/cancer/Cancer_Survivors_Guide.pdf)
- Nutrition for Kids: <https://p.widencdn.net/e2ipvb/Nutrition-for-Kids>
- Nutrition Rainbow: <https://www.pcrm.org/sites/default/files/2018-11/Nutrition-Rainbow-Poster.pdf>
- Ingredient Substitution List: <https://p.widencdn.net/pwtqtq/Substitution-Chart-Update>
- Healthy Snacks for Kids: <https://p.widencdn.net/tlom2e/Healthy-Snacks-for-Kids-Fact-Sheet>
- Power Food for Athletes: [https://p.widencdn.net/8ghmwr/Food\\_For\\_Athletes\\_EBook](https://p.widencdn.net/8ghmwr/Food_For_Athletes_EBook)
- Purple Carrot Meal Delivery Service: <https://www.purplecarrot.com/>

### Free Challenges/Apps:

- 21-Day Vegan Kickstart: <https://kickstart.pcrm.org/en>
- Engine 2 - 7 Day Rescue Challenge: <https://plantstrong.com/7day-rescue-challenge>
- Center for Nutrition Studies 7 Day Kickstart: <https://nutritionstudies.org/plant-based-kickstart/>
- Daily Dozen Challenge - <https://nutritionfacts.org/daily-dozen-challenge/>

### Whole-Food Plant-Based Recipes:

- Whole Food Plant Based Cooking Show Recipes: <https://plantbasedcookingshow.com/category/recipes/>
- Happy Herbivore Recipes: <https://happyherbivore.com/recipes/>
- Forks Over Knives Recipes: <https://www.forksoverknives.com/recipes/#gs.s7tlv9>
- Game Changers Recipes: <https://gamechangersmovie.com/food/recipes/>
- Wholesome LLC Recipes: <https://www.wholesomellc.com/breakfast>
- Plant Strong Recipes: <https://plantstrong.com/plant-strong-recipes>
- Center for Nutrition Studies Recipes: <https://nutritionstudies.org/recipes/>
- Clean Food Dirty Girl Recipes: <https://cleanfooddirtygirl.com/recipe-index/>
- Mastering Diabetes Recipes: <https://www.masteringdiabetes.org/recipe/>