

Resources for Going Vegan (Updated April 2017)

There are many ethical reasons to go vegan (the animals, the environment, world hunger, spirituality). These resources emphasize the health and culinary aspects of the transition.

ORGANIZATIONS:

Rochester Area Vegan Society,
rochesterveg.org, (585) 234-8750,
rochesterveg@gmail.com
Monthly meetings; non-members welcome.

North American Vegan Society. Hosts a
yearly Vegetarian Summerfest,
vegetariansummerfest.org.

BOOKS (and one film): *Contains recipes

“Forks Over Knives” (film)
Barnard, *Prevent and Reverse Diabetes**
Campbell, *The Campbell Plan**
Campbell, *The China Study*
Davis and Melina, *Becoming Vegan*
Esselstyn, *The Engine 2 Diet**
Esselstyn, *Prevent and Reverse Heart Disease**
Graff and Hicks, *The 4-Leaf Plan*
John McDougall, *The McDougall Plan**(or
Program); *The Starch Solution**
Norris, *Vegan for Life*
Pulde and Lederman, *Forks Over Knives Plan**
Stone, *Forks Over Knives**

COOKBOOKS:

Nava Atlas: *Plant Power; Vegan Express*
Isa Chandra Moskowitz: *Isa Does It; Vegan with a Vengeance*
Colleen Patrick-Goudreau: *Color Me Vegan; Vegan Table*

Robin Robertson: *One-Dish Vegan, Quick-Fix Vegan, Quick-Fix Vegetarian, Vegan on the Cheap*

Cookbooks with a no-oil approach:

Campbell, *China Study Cookbook, Quick & Easy Cookbook*, and (with Sroufe) *All-Star Collection*

Esselstyn, *Prevent and Reverse Heart Disease Cookbook*

Sroufe, *Forks Over Knives Cookbook*

WEBSITES:

nutritionfacts.org

pcrm.org

veganhealth.org

Cooking and Recipe websites:

ChooseVeg.com

FatFreeVegan.com

Free-Easy-Vegan-Recipes.com

KeepinItKind.com

OhSheGlows.com

PlantPoweredKitchen.com

ThePPK.com (Post Punk Kitchen)

TheVeganCrew.com

TryVeg.com

VeganChef.com

VeganCooking.com

VeganCookingwithLove.com

Vegan-Food.net

VeganOutreach.org

VeganRecipes.com

VegWeb.com

ZsusVeganPantry.com

COOKING VIDEOS

Post Punk Kitchen: go to theppk.com and click on "Video"

Supreme Master TV: http://suprememastertv.com/veg/?goto_url=veg

Vegan Cooking with Love:

<https://www.youtube.com/user/VeganCookingWithLove>

Vegan Zombie: Here they are cooking at Strong Hearts Cafe in Syracuse:

<https://www.youtube.com/user/ZombieGate>

Veggieterials:

<https://www.youtube.com/user/veggieterials>

CLASSES and Support Groups

“A Plant-Based Diet: Eating for Happiness and Health.” Offered by Ted D. Barnett, MD with recipes and food samples by Carol Barnett. Six weeks, 2 hours each week. Eligible for continuing education credit for health professional through U of R.

“Seeds of Change” Lowfat vegan cooking class. Offered by Joy Valvano RD at Unity Diabetes Center.

CHIP program. Nine weeks, 2 classes a week. May be eligible for reimbursement under health insurance. Those who have taken the class may participate free in CHIP Club (support group) for life.

Oil-Free Vegan Group: Bi-monthly (every two months) meeting of Rochester Area Vegan Society. Non-members welcome. Details at rochesterveg.org.

GETTING THERE IN 3 TO 4 WEEKS

PCRM’s 21-Day Vegan Kickstart Program: Barnard, *21-Day Weight Loss Kickstart* (book)

<http://www.pcrm.org/health/diets/kickstart/kickstart-programs/>

Patrick-Goudreau, *The 30-Day Vegan Challenge*

<http://www.30dayveganchallenge.com/>

Taylor, *Vegan in 30 Days*

Taylor, *Vegetarian to Vegan*

Also: Beyoncé’s 22-vegan challenge (see below)

VEGAN MEAL DELIVERY

Beyoncé’s 22-day vegan challenge is paired with a plant-based meal delivery service called 22 Days Nutrition, designed by her trainer Marco Borges, and costing from \$14.85 to \$9.24 per meal, per person, depending on whether you order one, two or three meals a day. Orders must be made at least a week in advance; meals are delivered fresh on Fridays, and must be reheated throughout the week. Visit <http://www.22daysnutrition.com/>

Forks Over Knives has a fresh vegan meal delivery service being launched this spring 2015. Based on a 5-day plan, costs range from \$199 per person per week for 3 meals a day (15 meals) to \$159 for 2 meals a day (10 meals--lunch and dinner) to \$99 for 1 meal/day (5 meals--lunch or dinner). Visit <http://www.forksoverknives.com/> to stay posted on this program.

The Purple Carrot, which delivers ingredients to your home for meals you make in around 30 minutes (and provides the recipes). Most meals feed four for less than \$30. Visit <https://thepurplecarrot.com/>

KITCHEN VERDE, kitchen-verde.com (585) 506-2254, is a an all-vegan, whole-food, oil-free food preparation and catering service operating out of 777 Culver Road. KV’s meals are delicious and reasonably priced! Place orders online and pick up on Sunday 3 - 6 PM; or, KV charges only \$5 to deliver anywhere in Monroe County. ♦