

Vegan Books and Cookbooks

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:

Maribeth Abrams and Anne Dinshah, *4-Ingredient Vegan*
Nava Atlas: *Plant Power*; *Vegan Express*
Dreena Burton, *Plant-Powered Families*
Roberto Martin, *Vegan Cooking for Carnivores*
Isa Chandra Moskowitz: *Isa Does It*; *Vegan with a Vengeance*
Colleen Patrick-Goudreau: *Color Me Vegan*; *Vegan Table*; *The Joy of Vegan Baking*
Robin Robertson: *One-Dish Vegan*, *Quick-Fix Vegan*, *Quick-Fix Vegetarian*, *More Quick-Fix Vegan*, *Vegan on the Cheap*, *Fresh from the Vegan Slow Cooker*
Cookbooks with a no-oil approach:
Campbell, *China Study Cookbook*, *China Study Quick & Easy Cookbook*, and (with Del Sroufe) *All-Star Collection*
Anne Esselstyn, *Prevent and Reverse Heart Disease Cookbook*
Del Sroufe, *Forks Over Knives Cookbook*