

Michiana Veg Fest 2020 Suggested Books

Cookbooks

1. *Eat Vegan on \$4 a Day*, Ellen Jaffe Jones (2011)
2. *The How Not to Die Cookbook: 100+ Recipes to Help Prevent and Reverse Disease*, Michael Greger, Robin Robertson, and Gene Stone (2017)
3. *Plant Pure Nation Cookbook*, Kim Campbell (2015)
4. *The China Study Quick and Easy Cookbook*, Del Sroufe (2015)
5. *The Whole Foods Cookbook: 120 Delicious and Healthy Plant-Centered Recipes*, John Mackey, Alona Pulde, Matthew Lederman, Derek Sarno, and Chad Sarno (2018)
6. *Real Food, Really Fast: Delicious Plant-Based Recipes Ready in 10 minutes or Less*, Hannah Kaminsky (2018)
7. *Great Vegan BBQ Without a Grill: Amazing Plant-Based Ribs, Burgers, Steaks, Kabobs and More Smoky Favorites*, Linda Meyer and Alex Meyer (2018)
8. *The Plant Based Diet, Cowspiracy*, Kip Andersen and Keegan Kuhn (2017)
9. *Straight Up Food*, Cathy Fisher (2016)
10. *The Happy Herbivore Cookbook*, Lindsay Nixon (2011)
11. *The Get Healthy, Go Vegan Cookbook*, Neal Barnard and Robyn Webb (2010)
12. *Homemade Vegan Pantry*, Miyoko Schinner (2015)
13. *Veganomicon*, Isa Chandra Moskowitz and Terry Hope Romero (rev. ed. 2017)
14. *Afro Vegan*, Bryant Terry (2014)
15. *Let Them Eat Vegan!*, Dreena Burton (2012)
16. *The New Fast Food*, Jill Nussinow [pressure cooking] (2011)
17. *365 Vegan Smoothies*, Kathy Patalsky (2013)
18. *Vegan 101: A Vegan Cookbook*, Heather Bell and Jenny Engel (2016)

Research plus Recipes

1. *Prevent and Reverse Heart Disease*, Caldwell Esselstyn (2008)
2. *The Healthiest Diet on the Planet*, John McDougall (2016)
3. *How Not to Die*, Michael Greger (2015)
4. *The Mindful Vegan*, Lani Muewrath (2017)
5. *Food Is the Solution: What to Eat to Save the World—80+ Recipes for a Greener Planet and a Healthier You*, Matthew Prescott (2018)
6. *Dr. Dean Ornish's Program for Reversing Heart Disease*, Dean Ornish (1990)
7. *The Spectrum*, Dean Ornish (2007)
8. *Vegan's Daily Companion*, Colleen Patrick-Goudreau (2013)
9. *The Forks over Knives Plan*, Alona Pulde, MD, and Matthew Lederman, MD (2017)
10. *Power Foods for the Brain*, Neal D. Barnard, MD (2014)
11. *The Complete Idiot's Guide to Plant-Based Nutrition*, Julieanna Hever (2011)

Nutrition Research

1. *The China Study*, T. Colin Campbell (rev. ed. 2016)
2. *The Food Revolution*, John Robbins (rev. ed. 2010)
3. *Proteinaholic*, Garth Davis (2016)
4. *Diet for a New America*, John Robbins (rev. ed. 2012)

Non-human Rights

1. *Second Nature*, Jonathon P. Balcombe (2010)
2. *Why We Love Dogs, Eat Pigs, and Wear Cows*, Melanie Joy (2011)
3. *Dominion*, Matthew Scully (2002)
4. *Eat Like You Care*, Gary Francione and Anna Charlton (2013)
5. *Animal Equality*, Joan Dunayer (2001)
6. *The World Peace Diet*, Will Tuttle (rev. ed. 2016)
7. *Whitewash*, Joseph Keon (2010)
8. *The Modern Savage*, James McWilliams (2015)
9. *The Sexual Politics of Meat*, Carol J. Adams (rev. ed. 2015)

Environment

1. *Comfortably Unaware*, Richard A. Oppenlander (2012)
2. *Food Choice and Sustainability*, Richard A. Oppenlander (2013)
3. *The Sustainability Secret*, Kip Andersen and Keegan Kuhn (2015)

Support

1. *Beyond Beliefs: A Guide to Improving Relationships and Communication for Vegans, Vegetarians, and Meat Eaters*, Melanie Joy (2018)
2. *The Mindful Vegan: A 30-Day Plan for Finding Health, Balance, Peace, and Happiness*, Lani Muelrath (2017)

General Information

1. *Meatanomics*, David Robinson Simon, 2013
2. *Even Vegans Die*, Carol J. Adams, Patti Breitman, and Virginia Messina (2017)
3. *Mind if I Order the Cheeseburger*, Sherry F. Colb (2013)