

DR. LOY'S





Resources List for Culinary Medicine



CULINARY MEDICINE TRAINING

-  Health Meets Food/Tulane(Certified Culinary Medicine Specialist)
-  Institute of Culinary Medicine
-  CHEF (Culinary Health Education Fundamentals)
-  Healthy Kitchen/Healthy Lives
-  Teaching Kitchen Research Conference
-  ACLM Food as Medicine
-  T Colin Campbell Plant Based Certificate
-  ACLM Culinary Medicine Program

PLANT BASED RECIPES AND MEAL PLANS

-  *American College of Lifestyle Medicine*
-  *ACLM-Eating-on-a-Budget.pdf*
-  *Plant based grocery list*
-  *Dr. Renae Thomas*



Dr. Fuhrman's Recipes



NutritionFact.org's Recipes



Plant Based on a Budget



21 Day Vegan Kickstart



Full Plate Living



Forks over Knives Recipes



T.Colin Campbell Center for Nutrition Studies Recipes



Dr. McDougall's Health Center Recipes



Plant Powered Metro.NY



The Big Switch

PLANT BASED RECIPES BLOGS



Caroline's Plant Based Diet



Cooking with Plants



Dreena Burton's Oil Free Recipes



Low Fat Vegan Chef



The Culinary Gym



The Nutrition Professor



Minimalist Baker



Power Hungry



Vegan Richa (Indian)



Monkey and Me Kitchen Adventures



Shane and Simple



Well Your World



Oh She Glows



Happy Herbivore



Chef AJ



By Any Greens Necessary (Soul Food)



Straight Up Food



Brand New Vegan



Simple Veganista



High Carb Hannah



Association of Black Cardiologists – Cooking for Your Heart and Soul

CULINARY MEDICINE BOOKS



T. Colin Campbell, PhD: The China Study (revised edition), Whole: Rethinking the Science of Nutrition, The Low-Carb Fraud, The Future of Nutrition



Neal Barnard, MD: Neal Barnard's Program for Reversing Diabetes, Power Foods for the Brain, The Cheese Trap



Garth Davis, MD: Proteinaholic



Caldwell Esselstyn, MD: Prevent and Reverse Heart Disease



Rip Esselstyn: The Engine 2 Diet



Michael Greger, MD: How Not to Die, How Not to Diet



Joel Furhman, MD: Eat to Live, Fast Food Genocide, Disease-Proof Your Child



Joel Kahn, MD: The Plant-Based Solution



John McDougall, MD: The Starch Solution



Dean & Ayesha Sherzai, MD: The Alzheimer's Solution



Bevin Claire: Spice Apothecary



Linda Shiue: Spicebox Kitchen

PODCASTS



Yami Cazorla-Lancaster, MD: Veggie Doctor Radio



Rip Esselstyn: Plant-Strong Podcast



Joel Furhman, MD: Eat to Live Podcast



Simon Hill: Plant Proof



Physicians Committee for Responsible Medicine: The Exam Room



Physician to Physician Plant Based Nutrition

CHILD-FRIENDLY



Plant Based Juniors



Nomster Chef



Chef Yum (Raising adventurous eaters, WIC food package recipe tag, meal-o-matic recipes)



Partnership for Healthy America



Chop Chop Family

BUDGET-FRIENDLY



Carly Bodrugh (Plant You, Plant You Scrappy Cooking)



Max LaManna- You can cook this



Toni Okamoto –Plant based on a budget quick and easy



ACLM Week on WIC




Good and cheap book (Leanne Brown) – free (also in Spanish: Bueno y Barato)



Eat Fresh

 *Leah's Pantry (free cookbooks)*

 Menus of change – talk on : Northwell changing hospital food

 Universal Meals/PCRM (<\$1/serving) – 100 recipes healthy, culturally diverse, allergen-free, for personal use and also institutional (hospital, university, conferences) with nutritional information

 Cooking Matters recipe finder


 The Basic Shelf Cookbook

 Brighter Bites

 My Plate Kitchen Recipe Database (can select for SNAP, etc)

ALLERGY FRIENDLY

 *Allergy Asthma Network*

 *Food Equality Initiative*

 *Allergy Strong*

















 *Free From Market*

COOKBOOKS

 Be A Plant-Based Woman Warrior: Live Fierce, Stay Bold, Eat Delicious

 Straight Up Food, by Cathy Fisher

 The Culinary Gym, by Katie Mae Petersen

-  Whole Food Cooking Everyday Amy Chaplin
-  Everyday Happy Herbivore by Lindsay S. Nixon
-  Forks Over Knives – The Cookbook by Del Sroufe
-  Healthy Heart, Healthy Planet by Dr. Cathi Misquitta and Dr. Rajiv Misquitta
-  How Not to Die Cookbook by Michael Gregor MD, FACLM
-  Minimalist Baker’s Everyday Cooking by Dana Shultz
-  Plant-Based Nutrition by Julianna Hever
-  Plant-Powered Families by Dreena Burton
-  The China Study All-Star Collection by LeAnne Campbell
-  The China Study Quick & Easy Cookbook by LeAnne Campbell
-  The Happy Herbivore Guide to Plant-Based Living by Lindsay S. Nixon
-  The Oh She Glows Cookbook by Angela Liddon
-  The PlantPure Nation Cookbook by Kim Campbell
-  Spicebox Kitchen, Linda Shiue
-  Cool Beans (2020) and Eat Your Vegetables (2013), Joe Yonan, Ten Speed Press
-  Plenty, Yotam Ottolenghi, Chronicle Books, 2011 or others from this author

INVENTORY, SHELF-LIFE, STORAGE

 [Pantry Check](#)

 [Still Tasty](#)

 [FoodSafety.gov](#)

MEAL PLANNING

 [Meal Time](#)

 [Spoonacular](#)

 [Love Food Hate Waste](#)

LEFTOVER USE

 [Big Oven](#)

 [Super Cook](#)

PREPARED MEALS/FOOD DELIVERY

 Cook Unity

 Little Green Fork

 Purple Carrot

 Sprinly

 Plant Pure Nation

 Mama Sezz

 Meez Meals

 Well Your World

 Plantstrong

 First Seed Foods

 LeafSide Meals

 Blue Zones Kitchen

 Square Fare

 Modify Health

 LaRoot World

 *Holiday Resources*

MOBILE APPS

 Cronometer app

 Eat Right Now app

 What You Ate app

 Daily Dozen



Happy Cow



Forks over Knives Recipes



PCRM 21 Day Kickstart



Food Monster



Eating Well Living Long



McDougall Mobile Cookbook App