Recommended Reading

General

The China Study, T. Colin Campbell
Food Revolution, John Robbins
Eating Animals, Jonathan Safran Foer
Mind If I Order The Cheeseburger?, Sherry F. Colb

Diet For a New America, John Robbins
May All Be Fed, John Robbins
Fast Food Nation, Eric Schlosser
We Animals, Jo-Anne McArthur

The World Peace Diet, John Robbins
Vegan: The New Ethics of Eating, Eric Marcus
Skinny Bitch, Rory Friedman/Kim Barnouin
What A Fish Knows, Jonathan Balcombe

Nutrition and Health

Main Street Vegan, Victoria Moran
No Meat Athlete, Matt Frazier/Matt Ruscigno
Supermarket Vegan, Donna Klein
Thrive, Brendan Brazier

Vegan For Her, Virginia Messina
Power Foods For The Brain, Neal D. Barnard, M.D.
Eat & Run, Scott Jurek
The Plantpower Way, Rich Roll/Julie Piatt

Engine 2 Diet, Rip Esselstyn
The Starch Solution, John McDougall, M.D./Mary McDougall
Finding Ultra, Rich Roll
How Not To Die, Michael Greger, M.D.

Animal Compassion

Eat Like You Care, Gary Francione
Mercy For Animals, Nathan Runkle
Living the Farm Sanctuary Life, Gene Bauer/Gene Stone
Where The Blind Horse Sings, Kathy Stevens

Why We Love Dogs, Eat Pigs, and Wear Cows, Melanie Joy
Some We Love, Some We Hate, Some We Eat, Hal Herzog
Prisoned Chickens, Poisoned Eggs, Karen Davis
The Lucky Ones, Jenny Brown

Animal Liberation, Peter Singer
Slaughterhouse, Gail Eisnitz
Do Unto Animals, Tracey Stewart
Farm Sanctuary, Gene Bauer

Children and Vegan Pregnancy

My Gentle Barn, Ellie Lacks
Raising Vegetarian Children, Joann Stepaniak/Vesanto Melina

The Kind Mama, Alicia Silverstone
Forks Over Knives Family, Alona Pulde/Matthew Lederman, M.D.

Skinny Bitch Bun in the Oven, Rory Friedman/Kim Barnouin
That's Why We Don't Eat Animals; V is For Vegan, Ruby Roth

Farm Sanctuary, Gene Bauer
Recommended Reading (continued)

**Favorite Cookbooks**

<table>
<thead>
<tr>
<th>Afro Vegan, Bryant Terry</th>
<th>Vegan Diner, Julie Hassan</th>
<th>1000 Vegan Recipes, Robin Robertson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayim’s Vegan Table, Mayim Bialik/Jay Gordon</td>
<td>Veganomicon, Isa Chandra Moskowitz</td>
<td>Isa Does It, Isa Chandra Moskowitz</td>
</tr>
<tr>
<td>Vegan on the Go, Jerome Eckmeier/Daniela Lais</td>
<td>Betty Goes Vegan, Dan Shannon/Annie Shannon</td>
<td>Vegan 101, Heather Bell/Jenny Engel</td>
</tr>
<tr>
<td>The Vegan Table, Colleen Patrick-Goudreau</td>
<td>The Joy of Vegan Baking, Colleen Patrick-Goudreau</td>
<td>World Vegan Feast, Bryanna Clark Grogan</td>
</tr>
<tr>
<td>The Sexy Vegan, Brian L. Patton</td>
<td>Jazzy Vegetarian’s Deliciously Vegan, Laura Theodore</td>
<td>Vegan Planet, Robin Robertson</td>
</tr>
<tr>
<td>Chloe’s Kitchen, Chloe Coscarelli</td>
<td>Modern Vegan Baking, Gretchen Price</td>
<td>Vegan Comfort Classics, Lauren Toyota</td>
</tr>
<tr>
<td>Minimalist Baker’s Everyday Cooking, Dana Shultz</td>
<td>The Oh She Glows Cookbook, Angela Liddon</td>
<td>The Homemade Vegan Pantry, Miyoko Schinner</td>
</tr>
<tr>
<td>American Vegan Kitchen, Tamasin Noyes</td>
<td>The Kind Diet, Alicia Silverstone</td>
<td>But I Could Never Go Vegan, Kristy Turner</td>
</tr>
<tr>
<td>Happy Herbivore Light &amp; Lean, Lindsay S. Nixon</td>
<td>Vegan Soul Kitchen, Bryant Terry</td>
<td>Vegan Holiday Cooking, Joy Pierson/Angel Ramos</td>
</tr>
<tr>
<td>VBO The Ultimate Vegan Barbecue Cookbook, Nadine Horn/Jorg Mayer</td>
<td>Wicked Healthy, Chard Sarno/Derek Sarno/David Joachim</td>
<td>The Simply Vegan Cookbook, Dustin Harder</td>
</tr>
</tbody>
</table>

**Dairy**

| Don’t Drink Your Milk, Frank Oski, M.D. | The Cheese Trap, Neal D. Barnard, M.D. | Whitewash, Joseph Keon/John Robbins |
| Go Dairy Free, Alisa Fleming | This Cheese is Nuts!, Julie Piatt | |

**Spiritual/Religious**

| Dominion, Matthew Scully | The Lost Religion of Jesus, Keith Akers | Why Christians Get Sick, Rev. George Malkmus |
Recommended Websites

General
- Vegmichigan.org
- Vegsource.com
- Navs-online.org
- Vrg.org
- PBNSG.org
- Veganoutreach.org
- Goveg.com
- Vegan.com
- Happycow.net
- Vegantravel.com
- Veggie-Hotels.com

Nutrition & Health
- Nutritionfacts.org
- DrMcDougall.com
- PCRM.org
- Veganhealth.org
- Nutritionstudies.org

Children & Vegan Pregnancy
- Vegfamily.com
- Keepkidshealthy.com
- Vrg.org/nutrition/veganpregnancy
- Vegan-momma.com

Animal Compassion
- FarmUSA.org
- FarmSanctuary.org
- MercyForAnimals.org
- AFA-online.org
- TheHumaneLeague.org
- PETA.org
- HumaneSociety.org

Spiritual/Religious
- All-creatures.org
- Ivu.org
- Jewishveg.org

Shopping
- Veganessentials.com
- Mooshoes.com
- Bravegentleman.com
- Vegancuts.com
- Alternativeoutfitters.com
- Vautecouture.com
- Mattandnat.com
- Tastemakersupply.com
- Veganchic.com
- Wills-vegan-shoes.com
- Jeannkatorhandbags.com
- Grinninggoat.ca
- Thevegancollection.com
- Susistudio.com
- Theveganlife.com

Recommended Blogs

- Bite Size Vegan
- Black Vegans Rock
- Chocolate Covered Katie
- What The Hell Does a Vegan Eat Anyway?
- Happy Herbivore
- Keepin’ It Kind
- Minimalist Baker
- Oh She Glows
- Blog.fatfreevegan
- Rich Roll
- Sistah Vegan
- Sweet Potato Soul
- Vegan Richa
- Vegansaurus
- The Kind Life
- Vegan Stoner
# Recommended Films

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cowspiracy</td>
<td>Earthlings</td>
<td>Fast Food Nation</td>
<td>Fat, Sick &amp; Nearly Dead</td>
<td>Eating Animals</td>
</tr>
<tr>
<td>Food, Inc.</td>
<td>Forks Over Knives</td>
<td>Speciesism</td>
<td>Super Size Me</td>
<td>What The Health</td>
</tr>
<tr>
<td>The Last Pig</td>
<td>H.O.P.E What You Eat Matters</td>
<td>The Game Changers</td>
<td>Fed Up</td>
<td>Vegucated</td>
</tr>
</tbody>
</table>