

RESOURCES WITH PLANT-BASED RECIPES & MEAL PLANS

- ⚙ **Menus and hundreds of recipes, Plant Based Dietician**

<http://plantbaseddietitian.com/recipes>

- ⚙ **Vegetarian Resource Group**

<https://www.vrg.org/nutrition/>

- ⚙ **Vegan Menus for Adults 51+**

<https://www.vrg.org/seniors/veganmenusfor51+.pdf>

- ⚙ **20 Plant Based Experts Favorite recipes**

<http://plantbaseddietitian.com/20-plant-based-experts-favorite-recipes/>

- ⚙ **T. Colin Campbell Center for Nutrition Studies-hundreds of recipes**

<https://nutritionstudies.org/recipes/>

- ⚙ **50 plant Based Whole Food Recipes with 5 ingredients or less**

<http://plantbaseddietitian.com/it-doesnt-get-easier-than-these-50-whole-food-plant-based-recipes-with-5-ingredients-or-less/>

- ⚙ **Recipes from Physician Committee for Responsible Medicine**

https://www.pcrm.org/good-nutrition/plant-based-diets/recipes?recipe_keys=&page=0

- ⚙ **Best Vegetarian recipes, Eatingwell**

<http://www.eatingwell.com/recipes/22130/lifestyle-diets/vegetarian/best-vegetarian-recipes/slideshow/best-vegetarian-recipes/>

- ⚙ **The Best 30-day Vegetarian Eating Plan, Eatingwell**

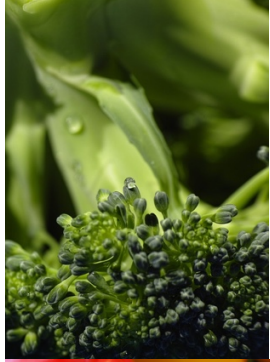
<http://www.eatingwell.com/gallery/11563/the-best-30-day-vegetarian-diet-plan/>

- ⚙ **Top Vegetarian Protein Sources, Eatingwell**

<http://www.eatingwell.com/article/289961/top-vegetarian-protein-sources/>

- ⚙ **Recipes and great tips for vegetarian eating, Eating Well**

http://www.eatingwell.com/recipes_menus/vegetarian_recipes





⚙ **Best Healthy Vegetarian recipes, Pinterest**

[https://www.pinterest.com/search/pins/?q=best%20healthy%20vegetarian%20recip&rs=typed&term_meta\[\]=best%7Ctyped&term_meta\[\]=healthy%7Ctyped&term_meta\[\]=vegetarian%7Ctyped&term_meta\[\]=recipes%7Ctyped](https://www.pinterest.com/search/pins/?q=best%20healthy%20vegetarian%20recip&rs=typed&term_meta[]=best%7Ctyped&term_meta[]=healthy%7Ctyped&term_meta[]=vegetarian%7Ctyped&term_meta[]=recipes%7Ctyped)

⚙ **Recipes and menus, Fruits & Veggies More Matters**

<https://www.fruitsandveggiesmorematters.org/main-recipes>

⚙ **25 Best Vegetarian recipes, Cooking Light**

<http://www.cookinglight.com/food/top-rated-recipes/best-vegetarian-recipes>

⚙ **Thousands of healthy recipes, Vegetarian Times**

<https://www.vegetariantimes.com/recipes>

⚙ **41 Easy Vegetarian Recipes, Real Simple**

<http://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/easy-vegetarian-recipes/view-all>

⚙ **Hundreds vegetarian and vegan recipes, All Recipes**

<http://allrecipes.com/recipes/87/everyday-cooking/vegetarian/>

⚙ **Healthy vegetarian dinner recipes, Cookie and Kate**

<http://cookieandkate.com/category/food-recipes/entrees/>

⚙ **Vegetarian recipes, Food.com**

<http://www.myrecipes.com/vegetarian-recipes>

⚙ **Healthful Vegetarian Meal ideas, Academy of Nutrition and Dietetics**

<https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/healthful-vegetarian-meal-ideas>

