## 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-baseddiets/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-dietplan/
- Top Vegetarian Protein Sources, Eatingwell
  <a href="http://www.eatingwell.com/article/289961/top-vegetarian-protein-sources/">http://www.eatingwell.com/article/289961/top-vegetarian-protein-sources/</a>
- 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%20recipes&rs=typed&term\_meta[]=best%7Ctyped&term\_meta[]=healthy%7Ctyped&term\_meta[]=recipes%7Ctyped&term\_meta[]=recipes%7Ctyped

Have a Plant. Fruits & Veggies for Better Health. Over 150 quick and healthy vegetarian recipes.

https://fruitsandveggies.org/topics/health-and-diet/vegetarian/

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

