RESOURCES WITH PLANT-BASED RECIPES & MEAL PLANS

- **Around the Globe in 50 Delicious Main Dishes**

- **International Vegetarian Recipes—Collection of healthy, delicious international vegetarian recipes including Asian, Indian, Mexican, and Kosher vegetarian**
  https://www.eatingwell.com/recipes/18558/lifestyle-diets/vegetarian/cuisines/

- **Menus and hundreds of recipes, Plant Based Dietitian**
  http://plantbaseddietitian.com/recipes

- **Vegetarian Resource Group**
  https://www.vrg.org/nutrition/

- **Vegan Menus for Adults 51+**
  https://www.vrg.org/seniors/veganmenusfor51+.pdf

- **T. Colin Campbell Center for Nutrition Studies—hundreds of multicultural 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**

- **Best Vegetarian recipes, Eatingwell**

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

- **Top Vegetarian Protein Sources, Eatingwell**
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[]=vegetarian%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