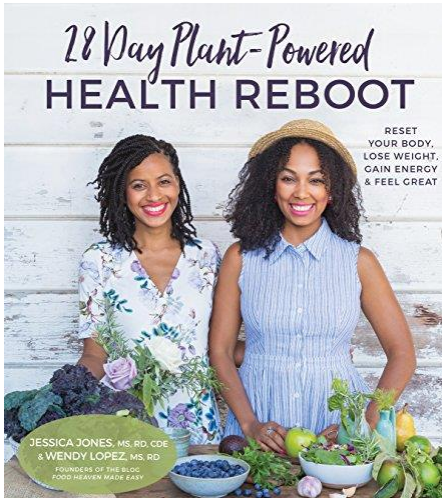




Plant-Based Cookbooks

By Alex Cauley, MS, Dietetic Intern

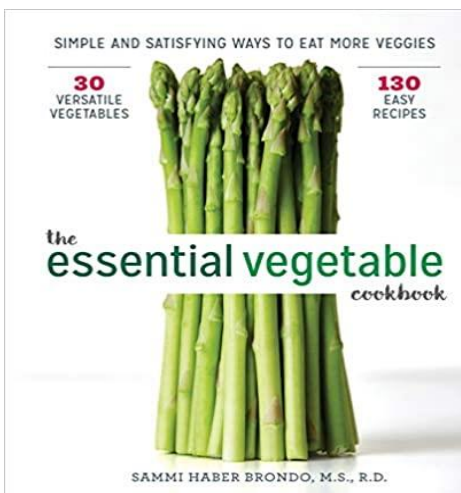


28 Day Plant-Powered Health Reboot

By Jessica Jones, MS, RD, CDE and Wendy Lopez, MS, RD

Benefits:

- This cookbook is a great place to start for anyone interested in incorporating more plant-based recipes into their diet
- Many of the recipes are based on common weeknight favorites with a nutrient-boosted twist
- The ingredients are simple and instructions are straightforward



The Essential Vegetable Cookbook

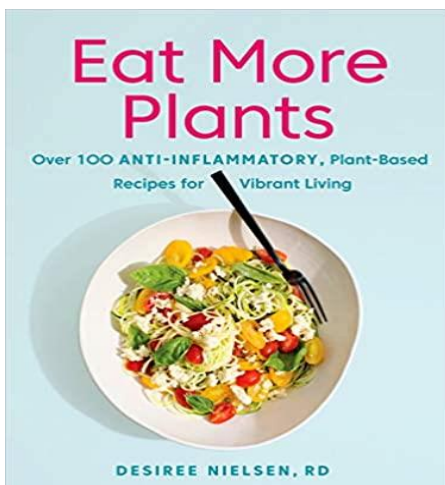
By Sammi Haber Brondo, MS, RD

Benefits:

- This cookbook teaches you how to make vegetable dishes based on when produce is in season
- Have you ever wondered how to make vegetables interesting? (then this book is for you)
- Explains a variety of cooking terms for preparing vegetables and methods for cooking them

Things to Consider:

- Some recipes require specialized equipment, though swaps are also suggested



Eat More Plants

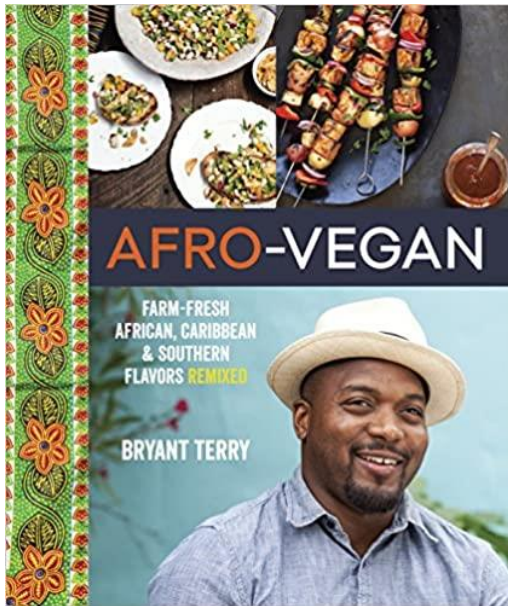
By Desiree Nielsen, RD

Benefits:

- This cookbook is 100% vegan
- Incorporates a wide range of vegetables and is well suited for those looking to branch out and learn more about the benefits of plant-based eating

Things to Consider:

- Recipes are suggested to take around 30 to 45 minutes, but chopping make take extra time
- Recipes may contain unfamiliar ingredients and all are gluten-free, which may be a barrier for some readers



Afro-Vegan: Farm-Fresh African, Caribbean, & Southern Flavors Remixed

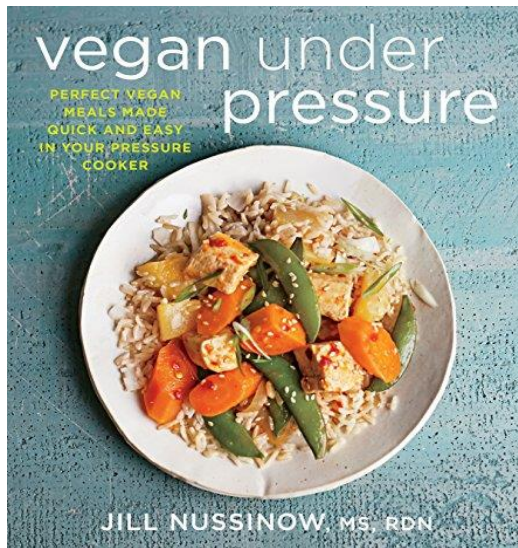
By Bryant Terry

Benefits:

- This cookbook incorporates time-honored recipes from Africa, the Caribbean, and the American South with a little flair to bring you big plant-based flavors
- This book is great for those who want to cook more meals from scratch (it even has recipes to make your own seasonings)

Things to Consider:

- Certain ingredients may be hard to find
- Some recipes can be labor-intensive



Vegan Under Pressure

By Jill Nussinow, MS, RD

Benefits:

- This book exclusively contains pressure cooker or Instant Pot-based recipes for a hands-off approach to plant-based eating
- It very simply explains guidelines for pressure cooking to help you feel like an expert in no time
- Ingredients range from simple to unique – with over 150 recipes this cookbook gives a home cook room to grow

Things to Consider:

- It requires purchasing specialized equipment



Oh She Glows For Dinner: Nourishing Plant-Based Meals to Keep You Glowing

By Angela Liddon

Benefits:

- Recipes are easy to follow using simple ingredients, detailed explanations, and separated prep and cook times
- You can put together menus based on weeknight meals or special occasions
- It includes helpful information, like allergen labels, freezable options, and travel-friendly meals

Things to Consider:

- Most of the recipes are gluten-free (or have a gluten-free option), which isn't necessary for those simply aiming for more plant-based cooking