



Nourishing compassion for our bodies, the earth and all beings.

Plant Powered Earth Holder Resource Recommendations

Your Plant-powered Earth Holder Team is very passionate about our work. We are always learning and 'are aware that the knowledge we presently possess is not changeless, absolute truth', that 'truth is found in life' and we are 'ready to learn throughout our lives' (quotes are from the Fourteen Mindfulness Trainings). To that end, we would like to offer some of our favorite resources that have changed our lives in case you would like to learn more, too.

BOOKS THAT INSPIRED AND CHANGED OUR EATING

For Health

The China Study, T. Colin Campbell. This book was the one that caused Joaquin to switch from a vegetarian diet to a vegan diet. It explains in a great way how animal products are associated with cancer and other common illnesses of our modern western times. It has a mountain of research on the benefits of plant-based eating and is very convincing.

How Not to Die, Michael Greger, MD. Dr. Greger examines the fifteen top causes of death in America, including heart disease, various cancers, diabetes, and high blood pressure, and explains how nutritional and lifestyle interventions can free us to live healthier lives. Each health issue is detailed in a separate chapter, and Dr. Greger tells how to use a plant-based diet to reduce our risk of each.

Healthy at 100, John Robbins. This easily readable and inspiring book describes the four cultures with the healthiest, oldest people and how their diet and lifestyle allow them to remain healthy, vital and happy until very old age.

The Cancer Survivor's Guide, Neal Barnard and Jennifer Reilly. Not just for cancer patients, this book begins with several very interesting chapters explaining the cancer-fighting properties of plant-based foods and offers lots of information on meal planning and changing one's diet, followed by recipes with detailed nutritional values.

The Starch Solution, Dr. John McDougall. Joaquin values his insights into a plant diet very much. He says, 'This book made it very easy for me to relax when it comes to food choices and to really enjoy my comfort foods knowing that I get all the nutrition that I need from the food choices that I make.'

Prevent and Reverse Heart Disease, Dr. Caldwell B. Esselstyne. If you want to help your own health, this book is a great example of how a plant-based diet can help with heart disease, the #1 killer in the US.

How to Reverse Diabetes with Diet, Dr. Neal Barnard. Here the author explains the physio-pathology (the root cause) of diabetes and how a whole food, plant-based diet can reverse and cure diabetes. He also gives a meal plan for how to start.

Vegan for Life, Jack Norris, RD, and Virginia Messina, MPH, RD. A terrific reference book for questions about protein, vitamins, minerals, and other nutritional aspects of a plant-based diet.

For Compassion for Animals and the Earth

Main Street Vegan: Everything You Need to Know to Eat Healthfully and Live Compassionately in the Real World, Victoria Moran. This practical, step-by-step book invites the reader to make diet and lifestyle changes to become plant-based. In addition to practical steps, she covers spiritual and cruelty free issues related to our diets.

Eating Animals, Jonathan Safran Foer. This is an open-minded, readable exploration of the issues.

Savor, Thich Nhat Hanh and Dr. Lillian Cheung. Find out how mindful eating can contribute to a mindful life and contemplate a Buddhist perspective on weight control and well-being. The book starts with the Four Noble Truths, then offers ways to use mindfulness while eating and moving. Nutritionist Cheung adds a scientific primer on what to eat and drink.

A Plea for the Animals, Matthieu Ricard. The author is a scientist and Buddhist monk who examines the “moral, philosophical, and evolutionary imperative to treat all beings with compassion.” He explores raising and eating animals, using them for research and entertainment, and the resulting environmental impact. His calm and kind writing style encourages thought and action on complex issues without being overwhelming.

What a Fish Knows, Jonathan Balcombe. Learn about “the inner lives of our underwater cousins.” You'll come away with a recognition of fishes as sentient individuals, with awareness and social behavior.

Livestock's Long Shadow, Food and Agricultural Organization of the United Nations. This report, available free online, describes how animal agriculture contributes to climate change internationally (18% of greenhouse gasses, more than the entire transport sector!), land degradation, water use, and biodiversity.

Comfortably Unaware, What We Choose to Eat is Killing Us and Our Planet, Dr. Richard A. Oppenlander. For anyone concerned about care of the planet, this powerful book lays out the environmental benefits of choosing a plant-centered diet. It provides well-documented facts about the impacts of dietary choices on the ocean and other waterways, air pollution, rainforests, and the land.

The Great Compassion, Buddhism and Animal Rights, Norm Phelps. This is an excellent book for Buddhist practitioners wanting to understand the Buddha's teachings on compassion for all beings and the issues raised about whether or not to eat animals.

For Athletic Performance

Thrive, Brendan Brazier. This is a vegan nutrition guide to optimal performance in sports and life. It is a long-term eating plan for athletes at all levels. He gives examples of snacks and power smoothies that will boost your energy and improve recovery. The author is a professional athlete that improved his times and personal records by eating a whole food, plant-based diet.

Eat & Run, Scott Jurek. This is an autobiography of how one of the most renowned ultramarathoners improved his training with a whole food, plant based-diet. He gives tips on how to start and how to fuel for 50 mile and 100 mile races based on whole plant-based foods. He gives recipes along the way and shares his struggles and successes of sharing this diet with friends and family.

OUR FAVORITE PLANT-BASED COOKBOOKS

May All Be Fed: A Diet for a New World, John Robbins and Gia Patton. This classic book from 1992 is still highly relevant and is Marge's go-to cookbook for the easiest and most satisfying, basic, plant-based recipes. While the research supporting a plant-based diet isn't the latest, it still provides an excellent case for this type of eating. It also has a great section on how to stock a plant-based pantry.

Vegan Planet, Robin Robertson. Lots of good, basic, how-to information on such things as cooking rice, beans, stock, and so on, along with lots of tips about nutrients and ingredients, and hundreds of excellent recipes.

Raw Food Made Easy, Jennifer Cornbleet. I especially like the desserts, which need no cooking and are fruit-sweetened.

Gluten-free and Vegan Bread, Jennifer Katzinger. Offers excellent gluten-free breads made without eggs.

The Cancer Survivor's Guide – see above description under books

Forks Over Knives – The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year, Del Sroufe and Isa Chandra Moskowitz. This cookbook covers all types of foods, from breakfasts to dessert to sauces to snacks, and shares delicious, easy to prepare foods. There are comfort foods, international foods, wraps, and almost any type of food you might want to make.

The Homemade Vegan Pantry: The Art of Making Your Own Staples, Miyoko Schinner. This great book tells you how to make all those staples (cheese, sour cream, creamer, etc....) that you love and think you need—fully plant-based. Laura is evangelical about this book!

Pure and Beautiful Vegan Cooking: Recipes Inspired by Rural Life in Alaska, Kathleen Henry. Inspiring, because if you can be plant-based in Alaska you can do it pretty much anywhere. The French Toast will change your life!

Vegan Soul Kitchen, Bryant Terry. This is a great demonstration of cultural veganism.

30 Minute Vegan's Tastes of the East- Asian Inspired Recipes, Mark Reinfeld and Jennifer Murray.

The Vegan Slow Cooker and ***Vegan Slow Cooking for Two or Just for You***, Kathy Hester. Easy recipes that fit into a busy life. Many recipes show what to prepare the night before so you can easily start your slow cooker in the morning and come home to a healthy dinner.

Vegan Casseroles, Julie Hasson. If your family is worried that plant-based means only salads, explore these recipes for pasta bakes, gratins, pot pies, and more. It's comfort food with a modern twist.

FILMS

We know that visual images and films can be powerful. Here are some we recommend for you and for 'movie night' with your sangha.

Forks Over Knives powerfully presents the health reasons for moving to a plant-based diet. It shows how our animal-centered diet is a key factor in most of the degenerative diseases faced by people and presents many of the experts in the plant-based world as they encourage a change in our way of eating.

Cowspiracy: The Sustainability Secret is an excellent environmental documentary that presents the reasons for going plant-based, especially from the environmental perspectives. It reveals how environmental organizations have been influenced by big money and neglect to promote this way of eating, even though the data clearly make the case for going plant-based as a way to care for the planet.

Plant Pure Nation is a documentary showing how a few leaders in the plant-based world have worked through communities and a legislature to bring the life-saving message of this type of diet to people. The movie launched local movements all across America, bringing together people who want to move to a plant-based way of eating.

Samsara by Ron Fricke and Mark Magidson is a gorgeous look at the wheel of life, told with spectacular imagery and music, but no words. The brief portions show animals being raised for food and how people are involved in the process had a big impact on members of Linda's sangha.

WEBSITES

The good news is that, more and more, there are amazing websites and blogs with recipes.

Joy of Mindful Cooking, <http://mindfulcooking.org> - The wonderful plant-based website of our practice community. Run by a group of friends centered around Portland, Oregon, it extends wherever email will reach. We share an interest in eating with the Earth in mind and have an ongoing email conversation about our favorite recipes and food ideas. We gather for potlucks occasionally to tell our food stories, talk about food issues, show & tell our favorite cookbooks and kitchen gadgets, and share the joy of good food together. Our website is a place to store our ever-growing recipe collection, making it easier to browse through the possibilities and find an idea right when we need it.

Vegans Eat What? <http://www.veganseatwhat.com> - This project was started by members of our Mindful Cooking group in Colorado and is a "sister" to Joy of Mindful Cooking. It's a very colorful website with lots of recipes, cookbook reviews, how-to kitchen information, and even things to sell.

Cook for Good <http://www.cookforgood.com> - Run by a member of the Plant-powered Earth Holder Team, Cook for Good helps people cook delicious, seasonal, plant-based food from scratch even on a tight budget. You'll also find food news, tips, and a free newsletter that help you cook like it matters for yourself, your family, your community, and the planet.

Physicians Committee for Responsible Medicine <http://www.pcrm.org> - This includes the latest health based information and a recipe a day, if you'd like.

NutritionMD, <http://www.nutritionmd.org> - Provides 3 areas of information, "Make Over Your Diet", "Information for Health Care Providers", and "Health Information for Consumers". The "Make Over Your Diet" is most helpful for getting practical guidance on choosing healthy, plant-based food; designing breakfasts, lunches and dinners; and selecting recipes and having meal planning guidance. The other sections describe common health problems and the link between diet and these challenges.

Happy Cow, <https://www.happycow.net> - This is an excellent resource if you want to eat out in a restaurant just about anywhere in the world that serves plant-based food or shop at a grocery store that is likely to have lots of plant-based ingredients. There are also lots of articles about vegetarian/vegan issues, vegan recipes, and a food blog promoting plant-based eating.

NutritionFacts, <http://nutritionfacts.org> - Outstanding resource on almost any health issue as it pertains to nutrition. Dr. Greger and his team read all published English research results related to diet and create videos or articles about the benefits or hazards of eating various types of foods. You can look up just about any health or nutrition topic or type of foods. There are excellent videos, and you can sign up to get daily, short nutrition research videos sent to you by e-mail.

The Buddhist Chef <http://www.thebuddhistchef.com/> - This chef is a classically trained chef and his website has amazing plant-based recipes and ranks them on culinary ability. Thankfully, mostly they are for beginners!

Oh She Glows <http://ohsheglows.com/about/> - Yes, it is an unusual name. But the recipes are wonderful!

AN EASY WAY TO GET STARTED

Try the 21-day Vegan Kickstart Program. It's free and will help you along your plant-based path.

<http://www.pcrm.org/kickstartHome> - This online program designed by Dr. Neal Barnard and PCRM (Physicians Committee for Responsible Medicine). The program runs from the 1st to the 21st of each month.

You'll receive:

- The 21-Day Meal Plan:** Delicious and easy recipes with step-by-step photos to guide you through the process.

- Daily Messages:** Advice from nutrition experts delivered to your inbox.

- Coach Tips:** Celebrities, healthcare professionals, and athletes provide diet and lifestyle tips.

This program is designed for anyone wanting to explore the health benefits, power, and compassion of a whole-food plant-based diet.