

Orientation and Definitions

"Vegan" when applied to food describes what a person *doesn't* eat: land or aquatic animals and any "products" derived from them, i.e., eggs, dairy, and honey.

"Vegan" does not describe what a person *does* eat. For example, there are "junk food vegans" who eat highly processed foods that are vegan but are high in salt, oil, and simple sugar, and are unhealthy.

"Whole Foods Plant Based" (WFPB) describes what a person *does* eat: minimally processed whole plants and mushrooms. (Mushrooms are neither animals nor plants. They are fungi. <https://www.google.com/search?q=are+mushrooms+plants>)

"All macronutrients (protein, carbohydrate, and fat) are present in whole plant foods in varying proportions."
<https://lifestylemedicine.org/articles/benefits-plant-based-nutrition/>

Whole plant foods contain fiber. No animals or animal products contain any fiber.

"SOS-free" and "no added SOS" describe foods prepared without added salt, oil, and sugar.

GreenFare Organic Café in Herndon, VA prepares and serves only organic WFPB SOS-free foods. <https://greenfare.com>

A "diet" is a restricted choice of foods or quantities for a limited period of time.

WFPB SOS-free eating is not a "diet." It is a "way of eating" and means what a person eats on a regular basis. It is one of six evidence-based lifestyle choices that promote health described by The American College of Lifestyle Medicine (ACLM).

<https://www.google.com/search?q=wfpb+%22way+of+eating%22>
<https://lifestylemedicine.org/>
<https://www.doctorsfornutrition.org/general-public/what-is-wfpb/>
<https://www.doctorsfornutrition.org/clinicians-students/why-wfpb/>
<https://www.forksoverknives.com/how-tos/plant-based-primer-beginners-guide-starting-plant-based-diet/>
<https://wfpb.org/>
<https://nutritionstudies.org/what-is-a-whole-food-plant-based-diet/>
<https://nutritionstudies.org/whole-food-plant-based-diet-guide/>
<https://vegnews.com/vegan-health-wellness/whole-food-plant-based-diet-healthy-sustainable>
<https://eatplant-based.com/what-is-plant-based-diet/>
<https://www.goleafside.com/science-wfpb-diet-benefits/>
<https://wholeharvest.com/blogs/plant-based-lifestyle/whole-food-plant-based-wfpb-diets->

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

[a-guide-to-healthy-eating](#)

<https://findado.osteopathic.org/5-myths-of-whole-food-plant-based-diets-debunked>

<https://cleanfooddirtygirl.com/beginners-guide-to-a-whole-food-plant-based-diet/>

<https://www.discoverhealth.org/what-whole-food-plant-based-diet-and-why-should-you-care>

<https://nutriciously.com/whole-food-plant-based-diet/>

When transitioning to eating only plants and mushrooms, it's helpful to know why, what the health benefits are, how to transition, and what the end goals are.

There are also many ethical and environmental benefits, but this document focuses on health benefits.

There are many commercially available processed vegan foods that mimic the taste and texture of all land and aquatic animals, eggs, dairy, and honey.

These are helpful for some people during a transition period, but they typically are high in salt, oil, and sugar, and should be considered only an interim solution on the way to eating WFPB SOS-free.

Processed vegan foods have parts of the original plants removed, which may include fiber and water, and may have other substances added, for example, salt, oil, and sugar. They are not whole foods. As such, although they are healthier than eating land and aquatic animals, eggs, dairy, and honey, they are far less healthy than eating WFPB SOS-free.

Processed foods are deliberately manufactured to be addictive

When changing to eating whole plants and mushrooms without added salt, oil, or sugar it is helpful to know in advance that your taste buds have been conditioned and habituated to expect salt, oil, and sugar, and you will likely continue to crave them for about three weeks during the transition while your taste buds adjust. That's why the 21 Day Kickstart food transition program is 21 days.

Processed food manufacturers deliberately add salt, oil, and sugar to their products so you will crave them and continue to buy them. They've got it down to a science. Here are references for that statement:

Medical sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4059590/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7694501/>

<https://www.bmj.com/content/383/bmj-2023-075354>

<https://www.medicalnewstoday.com/articles/ultra-processed-foods-may-be-as-addictive->

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

[as-smoking-study-says](#)

<https://psycnet.apa.org/record/2013-07443-000>

<https://www.pcrm.org/news/health-nutrition/tobacco-companies-fueled-americas-addiction-processed-foods>

Media sources:

<https://www.nbcnews.com/health/health-news/cant-say-no-sweets-snacks-sign-food-addiction-rcna67881>

<https://www.usatoday.com/story/opinion/voices/2021/02/23/addiction-snack-food-lockdown-covid-processed-industry-column/4544686001/>

<https://www.cbc.ca/news/health/food-cravings-engineered-by-industry-1.1395225>

<https://www.cnn.com/2013/03/01/health/salt-sugar-fat-moss-time/index.html>

<https://www.npr.org/sections/thesalt/2013/02/26/172969363/how-the-food-industry-manipulates-taste-buds-with-salt-sugar-fat>

<https://www.npr.org/transcripts/990821079>

<https://www.kcrw.com/culture/shows/life-examined/nutrition-vitamins-treatment-mental-health-junk-food/michael-moss-salt-sugar-fat-hooked-processed-food-brain>

<https://www.newsweek.com/2021/12/17/americans-are-addicted-ultra-processed-foods-its-killing-us-1656977.html>

<https://www.wired.com/story/ultra-processed-foods/>

<https://www.nature.com/articles/s41538-018-0020-x>

<https://www.forbes.com/sites/williamhaseltine/2022/10/29/salt-fat-and-sugar-how-americans-became-addicted-to-eating/>

<https://www.salon.com/2023/01/15/how-corporations-manipulate-you-into-eating-more-junk/>

https://www.salon.com/2019/03/28/food-companies-intentionally-make-their-products-addictive-and-its-making-us-sick_partner/

Other sources:

<https://www.snexplores.org/article/processed-snack-food-ingredients-addictive>

<https://www.healthxchange.sg/food-nutrition/food-tips/why-crave-high-fat-high-sugar-foods>

<https://www.ecowatch.com/food-companies-making-products-addictive-2632845184.html>

<https://civilizedcaveman.com/health/salt-sugar-fat-food-addiction-poor-health/>

<https://grist.org/food/salt-sugar-and-fat-why-we-cant-quit-junk-foods-holy-trinity/>

<https://thrivemarket.com/blog/sugar-salt-fat-just-cant-quit-junk-food>

<https://onlinelibrary.wiley.com/doi/full/10.1111/add.16101>

<https://themilitarydiet.com/salt-sugar-fat-addiction/>

Book: *Salt, Sugar, Fat: How the Food Giants Hooked Us* by Michael Moss

<https://www.amazon.com/Salt-Sugar-Fat-Giants-Hooked/dp/0812982193>

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

<https://www.nytimes.com/2021/03/25/well/eat/hooked-junk-food.html>
<https://www.nytimes.com/2021/02/18/well/eat/food-addiction-fat.html>
<https://www.theguardian.com/books/2013/feb/24/salt-sugar-fat-moss-review>
<https://www.theglobeandmail.com/arts/books-and-media/book-reviews/are-sugar-salt-and-fat-the-worst-most-addictive-drugs-ever/article9204378/>
https://www.washingtonpost.com/opinions/salt-sugar-fat-how-the-food-giants-hooked-us-by-michael-moss/2013/03/22/50d0dc06-8768-11e2-9d71-f0feafdd1394_story.html
<https://www.mprnews.org/story/2013/03/01/daily-circuit-salt-sugar-fat-michael-moss>
<https://www.barnesandnoble.com/blog/5-mind-blowing-facts-about-food-from-michael-moss-salt-sugar-fat/>

Video of a presentation by Michael Moss at Hofstra University
<https://www.youtube.com/watch?v=c13hXuBbj9o>

Video interviews with Michael Moss:

<https://www.youtube.com/watch?v=eATmXufOvIk>
<https://www.facebook.com/watch/?v=2010417235655682>
https://www.youtube.com/watch?v=i_QDLZuwqYY

Olive oil and other vegetable oils are vegan but not healthy

Vegetable oils are not whole foods. They are 100% fat.

<https://lifestylemedicine.org/articles/benefits-plant-based-nutrition/>

“All macronutrients (protein, carbohydrate, and fat) are present in whole plant foods in varying proportions.”

Whole foods that are higher in fats are nuts (especially walnuts), seeds (chia, hemp, and flax), and avocados.

No Oil - Not Even Olive Oil! - Caldwell Esselstyn, M.D.

https://www.youtube.com/watch?v=b_o4YBQPKtQ

"NO OIL! Not even olive oil, which goes against a lot of other advice out there about so-called good fats. The reality is that oils are extremely low in terms of nutritive value. They contain no fiber, no minerals and are 100% fat calories. Both the mono unsaturated and saturated fat contained in oils is harmful to the endothelium, the innermost lining of the artery, and that injury is the gateway to vascular disease. It doesn't matter whether it's olive oil, corn oil, coconut oil, canola oil, or any other kind. Avoid ALL oil."

Olive Oil is NOT a Health Food - Joel Fuhrman, M.D.

<https://www.drfuhrman.com/library/eat-to-live-blog/84/olive-oil-is-not-a-health-food>

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

Olive Oil is Not Healthy - Michael Klaper, M.D.
<http://www.youtube.com/watch?v=OGGQxJLuVjg>

Oil to Nuts: The Truth about Fats - Jeff Novick
<http://www.youtube.com/watch?v=lbALqjmZUek>

When Friends Ask: Why Do You Avoid Adding Vegetable Oils? - John McDougall, M.D.
<https://www.drmcDougall.com/misc/2007nl/aug/oils.htm>

A very long in-depth article
John McDougall - Do Not Eat Any Oil
<https://www.youtube.com/watch?v=dH2789MC8eA>

Olive Oil Is Not Healthy - John McDougall, M.D.
<https://www.youtube.com/watch?v=kk4xph8JY34>
A very short video that's a summary of why

NO OIL! Really, NO oil! Webinar 03/17/16 with John McDougall, M.D.
<https://www.youtube.com/watch?v=ptF0KuF8xHU>

Why olive oil is not healthy - Michael Greger, M.D.
<https://nutritionfacts.org/topics/olive-oil/>

Dangers of Olive Oil & Mediterranean Diet! – Michael Greger, M.D. & Michael Klaper, M.D.
<https://www.youtube.com/watch?v=RrKdDbOazuA>

Olive Oil and Artery Function - Michael Greger, M.D.
https://www.youtube.com/watch?v=A4WD8Bm7s_I

A few medical sources that recommend plant-based eating

Kaiser Permanente is a \$50 billion corporation and the largest HMO in the U.S. In May, 2013, they began recommending a plant-based diet to their 180,000 employees, 17,000 physicians and all their patients, and 9.3 million members. I tried to get printouts of the following articles from Kaiser and learned that they are only available online. You might print out the articles and give them to your doctor, or just send the links.

Plant-Based Eating, Using the Health Plate to Eat Well
http://www.kphealthyme.com/documents/plant_based_diet_e.aspx

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

Plant-Based Nutrition - Frequently Asked Questions & Concerns

https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL_tcm75614811.pdf

another version:

https://mydoctor.kaiserpermanente.org/ncal/Images/Plant%20Based%20Diet%20patient%20questions%20101811-Final_tcm75-480571.pdf

Simple Steps to Plant-Based Eating

https://mydoctor.kaiserpermanente.org/ncal/Images/Simple%20Steps%20to%20Plantbased%20Eating%208-31-11_tcm75-508700.pdf

Nutritional Update for Physicians: Plant-Based Diets

<https://www.thepermanentejournal.org/doi/10.7812/TPP/12-085>

Kim A. Williams, M.D., the next president of the American College of Cardiology, explains why he became vegan and now recommends it to patients

<http://www.medpagetoday.com/Cardiology/Prevention/46860>

Dr. Neal Barnard, M.D., a vegan doctor and founder of Physicians Committee for Responsible Medicine (PCRM) opened a clinic in NW DC in January, 2016. They are preventing, treating, and reversing a number of medical conditions using a plant-based diet.

<https://www.pcrm.org/barnard-medical-center>

<http://www.pcrm.org/health>

<https://www.pcrm.org/about-us/staff/neal-barnard-md-facc>

Plant-based doctors

<https://oopsvegan.com/vegan-plant-based-doctors/>

<https://nutriciously.com/vegan-doctors/>

<https://www.livekindly.co/doctors-say-plant-based-diet-secret-longer-life/>

<https://eatplant-based.com/plant-based-experts/>

<https://plantrician.org/>

<https://www.plantpuration.com/blogs/news/finding-a-plant-based-physician>

<http://www.bigtentvegan.com/doctors-dieticians-and-nutritionists>

One book about the benefits of whole plant-based eating is

Rethink Food: 100+ Doctors Can't Be Wrong

<http://www.amazon.com/Rethink-Food-Doctors-Cant-Wrong/dp/0991358805/>

GreenFare Organic Café

GreenFare Organic Café is in Herndon, Virginia in the same shopping center as MOM's Organic Market.

They serve only organic whole plant foods prepared without added salt, oil, or sugar. GreenFare opened in November 2015.

<https://greenfare.com/>

21 Day Kickstart program at GreenFare

<https://greenfare.com/21-day-kickstart-program/>

The Food for Life: Kickstart Your Health curriculum was based on the Physician's Committee for Responsible Medicine (PCRM)'s 21-Day Kickstart online program. GreenFare's program has evolved since it was created to include education about other aspects of lifestyle medicine for optimum health. As of May, 2024, GreenFare's 21 Day Kickstart program has helped over 1,500 people, including nearly 50 doctors, adopt a whole plant SOS-free lifestyle to reach their health goals.

GreenFare offers the 21 Day Kickstart program once a month.

<https://greenfare.com/21-day-kickstart-program/about-the-program/>

"21 Day Transition to Whole Plant Food. Lose Weight, Reduce Cholesterol, Increase Energy"

The page includes a 50 second video of Neal Barnard, M.D., who created the original PCRM program, and a 1 minute 13 second video of Gwyn Whittaker, founder and CEO of GreenFare talking about GreenFare's Kickstart program. The videos show the outside and inside of GreenFare.

<https://www.facebook.com/greenfareorganiccafe>

Check out the photos of the pizzas they sell. You have to order by 7 p.m. on Wednesday for pickup on Friday or Saturday.

Pizzas choices are Roasted veggie, Margharita, Southwestern, Wild mushroom, and Apple cinnamon or Strawberry chocolate depending on the time of year.

In 2023 GreenFare won the Washington, DC award for Best Overall Menu from veganchefchallenge.org/DC.

<https://www.facebook.com/DCVeganChefChallenge/posts/pfbid02CGSgt3u4VmUU5wVRm5LANQ8eVniTVAcD4aKffVgnwdMjRswyGPYi3aA1mF7spBEAI>

GreenFare hosts speakers talking about nutrition and other aspects of a healthy lifestyle. They also have a tent at the Reston Farmers Market on Saturday mornings at Lake Anne. Sign up for a weekly newsletter detailing events and inspiration at the bottom of any page on GreenFare's website.

<https://greenfare.com/events/>

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

GreenFare organized the annual Fairfax VegFest, now called Planet Virginia, in Herndon.

<https://planetserievents.org/virginia/>

GreenFare Organic Café Community group on Facebook

<https://www.facebook.com/groups/660221938348362>

GreenFare Health and Wellness is a nonprofit organization.

"A planned series of Case Studies will be hosted for specific chronic diseases and target groups to demonstrate the rapid healing effectiveness of organic, plant-based nutrition. The Case Studies will be published in the American College of Lifestyle Medicine."

<https://greenfare.org/>

Physicians Committee for Responsible Medicine – Dr. Neal Barnard, M.D.

Physicians Committee for Responsible Medicine (PCRM), founded by Dr. Barnard.

<https://www.pcrm.org/>

Click on "Good Nutrition"

Dr. Barnard also started the Barnard Medical Center in DC.

<https://www.pcrm.org/barnard-medical-center>

Short bio of Dr. Barnard

<https://www.pcrm.org/barnard-medical-center/neal-barnard-md-facc>

Excerpts:

"Neal Barnard, MD, FACC, is an Adjunct Professor of Medicine at the George Washington University School of Medicine in Washington, D.C., and President of the Physicians Committee for Responsible Medicine. Dr. Barnard has authored more than 90 scientific publications and 20 books for medical and lay readers, and is the editor in chief of the Nutrition Guide for Clinicians, a textbook made available to all U.S. medical students."

https://en.wikipedia.org/wiki/Neal_D._Barnard

More about Dr. Barnard

<https://www.google.com/search?q=neal+barnard>

PCRM's channel on YouTube

<https://www.youtube.com/@PhysiciansCommittee>

PCRM also hosts the annual International Conference on Nutrition. The 12th annual conference will be August 15-17, 2024 in Washington, DC.

<https://www.pcrm.org/icnm>

NutritionFacts.org - Dr. Michael Greger, M.D.

<https://nutritionfacts.org/>

Short free video every day about some aspect of nutrition. Also has a searchable database of over 2,000 free videos about nutrition. Sign up for a free newsletter on new scientific research.

<https://nutritionfacts.org/subscribe/>

<https://nutritionfacts.org/about/>

"NUTRITIONFACTS.ORG is a science-based nonprofit organization founded by Michael Greger, M.D. FACLM, that provides free updates on the latest in nutrition research via bite-sized videos, blogs, podcasts, and infographics. We offer a strictly non-commercial public service, without any sponsors, ads, brand partnerships, or paid subscriptions."

Under each video you can click the link "View Transcript" to read what Dr. Greger says in the video.

Dr. Greger's personal website

<https://drgreger.org/>

Here you can buy his books, and DVDs that are annual compilations of his daily free videos.

His bio

<https://drgreger.org/pages/about-us>

"All proceeds from his speaking engagements and the sale of his books and DVDs are donated to charity."

Dr. Greger's channel on YouTube

<https://www.youtube.com/@NutritionFactsOrg/videos>

Both Dr. Barnard and Dr. Greger have given talks about nutrition at GreenFare Organic Cafe and at the Fairfax VegFest. I have attended talks of theirs and watched many of their videos.

Movies about the nutritional benefits of eating only plants

Some movies about the nutritional benefits of eating only plants (Gwyn Whittaker, CEO of GreenFare, is an executive producer of several of these):

Forks Over Knives (2011)

<https://www.forksoverknives.com/the-film/>

PlantPure Nation (2016)

<https://www.plantpurenation.com/pages/plantpure-nation-movie>

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

What the Health (2017)
<https://www.whatthehealthfilm.com/>

The Game Changers (2018)
<https://gamechangersmovie.com/>
How athletes benefit from eating only plants.

From Food to Freedom (2023)
<https://www.plantpurenation.com/pages/from-food-to-freedom-documentary-film>

Anatomically, humans are herbivores

Behaviorally, humans are omnivores and will eat almost anything.

<https://twitter.com/GWR/status/1669321858821545992?lang=en>
"Guinness World Records: Michel Lotito (aka Monsieur Mangetout) was born in 1950 - he became the man known for eating metal.

During his life, he ate 18 bicycles, 15 supermarket trolleys, seven TV sets, six chandeliers, two beds, a pair of skis, a low-calorie Cessna light aircraft and a computer."
https://en.wikipedia.org/wiki/Michel_Lotito

Anatomically/physiologically, humans are herbivores. This is a summary of a paper by Dr. Milton Mills, M.D. on comparative anatomy.
<https://michaelbluejay.com/veg/natural.html>

Dr. Milton Mills, M.D.
<https://drmiltonmillsplantbasednation.com/>

Dr. Mills bio
<https://www.preventionofdisease.org/milton-mills>
"Critical Care Physician, Inova Fairfax Hospital; Member of the Board of Directors, Plant-based Prevention Of Disease, Inc."
<https://www.preventionofdisease.org/>

Milton Mills, MD: Are Humans Designed to Eat Meat? (spoiler alert: the answer is "no")
https://www.youtube.com/watch?v=NMN1Zo_c7_A

Vegan Mentors

A vegan mentor can help you one-on-one to transition to eating only plants. There are many free programs. Links to a few are listed below.

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

<https://veganoutreach.org/vegan-mentorship-program/>
<https://www.veganmentor.com/>
<https://www.vegresources.com/guide/how-do-i-find-a-vegan-mentor/>
<https://animalrightscoalition.com/programs/veganuniversity/>
<https://www.veganeasy.org/30-day-challenge/mentors/>
<https://www.pdxveg.org/vegan-mentor-program.html>
<https://challenge22.com/>
<https://vegfund.org/resource/recommended-veg-pledges>
<https://yourveganmentor.net/>
<https://stayveganforever.com/mentor-programs/>
<https://vegancouragement.com/mentors.php>
<https://johnawen.com/vegan-mentor/>
<https://www.peghaust.com/vegan-lifestyle-mentoring.html>
<https://www.theveganrd.com/2012/08/be-a-vegan-mentor-find-a-vegan-mentor/>
<https://veganbootcamp.org/>

Vegan athletes

Top athletes in every sport are vegan.

Here are six reasons why eating only plants improves athletic performance:
<https://www.pcrm.org/news/blog/six-reasons-athletes-are-running-toward-vegan-diet>

<https://www.greatveganathletes.com/>
<https://www.veganfoodandliving.com/features/vegan-athletes-plant-based-diet/>
<https://www.ispo.com/en/know-how/vegan-athletes-15-top-athletes-who-are-vegan#!>
<https://this-is-vegan.com/en/vegan-athletes-top-10-athletes-their-plant-based-diet/>
<https://www.livekindly.com/vegan-athletes-swear-by-plants/>
<https://thebeet.com/what-you-can-learn-from-20-athletes-who-went-vegan-to-get-stronger/>
<https://vegnews.com/vegan-health-wellness/vegan-athletes-top-of-their-game>
<https://vegancuts.com/blogs/1/vegan-athletes>
<https://www.businessinsider.com/vegan-athletes-and-why-they-changed-their-diet-11>
<https://vegan.com/health/athletes/>
<https://www.ranker.com/list/athletes-who-are-vegan/people-in-sports>
<https://www.livekindly.com/vegan-nfl-players/>
<https://sportsbrief.com/athletics/26082-athletes-vegan-ranking-15-successful-vegan-athletes/>
<https://www.livescience.com/veganism-for-athletes>
<https://www.cnet.com/health/nutrition/vegan-diet-pro-athletes/>
<https://www.mensjournal.com/food-drink/what-7-elite-vegan-athletes-eat-get-and-stay-ultra-jacked>
<https://wellsidefoods.com/blog/why-are-so-many-athletes-going-vegan/>

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

<https://www.insider.com/athletes-who-are-vegan-2018-7>
<https://www.pledgesports.org/2018/03/top-10-most-successful-vegan-athletes/>
<https://thesavemovement.org/5-vegan-athletes-to-admire/>
<https://worldathletics.org/athletics-better-world/news/athletes-vegan-plant-based-sustainability>
<https://plantbasednews.org/lifestyle/health-and-fitness/vegan-athletes-plant-built-mr-america/>
<https://vegnews.com/interviews/vegan-athletes-mr-america-competition>
<https://impactmagazine.ca/features/cover-stories/canadas-top-vegan-athletes/>
<https://www.greenqueen.com.hk/female-vegan-athletes-olympics/>
<https://www.athlegan.com/athletes>
<https://www.theplantway.com/vegan-athletes/>
<https://veganfocused.com/top-vegan-athletes/>
<https://www.womenshealthmag.com/food/g30612381/vegan-athletes/>
<https://www.nomeatathlete.com/>
<https://vfcfoods.com/en-us/vegan-athletes/>

Recipes

Some cookbooks with WFPB SOS-free recipes:

The China Study Cookbook

<https://nutritionstudies.org/china-study-cookbook/>

The How Not to Die Cookbook

<https://nutritionfacts.org/book/how-not-to-die-cookbook/>

The How Not to Diet Cookbook

<https://nutritionfacts.org/book/how-not-to-diet-cookbook/>

Forks Over Knives: The Cookbook

<https://shop.forksoverknives.com/products/forks-over-knives-the-cookbook>

PlantPure Nation Cookbook

<https://www.plantpurenation.com/products/ppn1000>

PlantPure Kitchen Cookbook

<https://www.plantpurenation.com/products/ppn1000-n>

PlantYou cookbook

<https://plantyoucookbook.com/>

TrueNorth Health Center: Four cookbooks

<https://www.healthpromoting.com/store/book/complete-sos-free-cookbook-package>

Information about eating WFPB SOS-free foods
Downloaded from <https://savageheart.com/vegan/vegan.html>

The Straight Up Food Cookbook

<https://www.straightupfood.com/blog/the-straight-up-food-cookbook/>

There lots of recipes online for preparing whole plant foods without added salt, oil, or sugar. Search for “WFPB SOS-free recipes.” Some websites:

<https://www.thegardengrazer.com/wfpbno/> - "Explore 200+ healthy vegan recipes that are whole food, plant-based, and oil-free!"

<https://plantbasedcookingshow.com/> - WFPB

<https://www.plantbasedrecipe.com/articles/category/special-diets/sos-free/>

<https://www.plantbasedrecipe.com/articles/category/whole-food-plant-based-no-oil/>

<https://hellonutritarian.com/tag/vegan-sos-free/>

<https://www.straightupfood.com/blog/tag/sos-free/>

<https://nutmegnotebook.com/posts/course-posts/breakfastbrunch/whole-food-plant-based-brunch-sos-free/>

<https://www.thegardengrazer.com/wfpbno/>

<https://www.pinterest.ca/maryanne2965/recipes-wfpb-sos-free/>

<https://www.forksoverknives.com/recipes/vegan-menus-collections/easy-plant-based-recipes/>

<https://simple-veganista.com/recipes/diet/wfbp/>

WFPB SOS-free cooking videos

https://www.youtube.com/results?search_query=wfpb+sos-free+recipes