

## Orientation and Definitions

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

"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 sugar, processed vegetable oils, and salt, and are unhealthy.

"Whole Foods Plant Based" (WFPB) describes what a person *does* eat: minimally processed whole plant foods.

"SOS-free" describes foods prepared without added sugar, processed vegetable oils, and salt.

"WFPB SOS-free" is what I eat and what GreenFare Organic Cafe in Herndon, VA serves (<https://greenfare.com>).

"Diet" in this context does not mean a restricted choice of foods or quantities for a limited period of time. It means what a person eats on a regular basis.

"Way of eating" is sometimes used to describe WFPB SOS-free eating rather than "diet."

<https://www.doctorsfornutrition.org/general-public/what-is-wfpb/>  
<https://www.doctorsfornutrition.org/clinicians-students/why-wfpb/>  
<https://www.forksoverknives.com/how-to/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-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, it's helpful to know why, what the health benefits are, how to transition, and what the end goals are.

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

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

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

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

Processed vegan foods have parts of the original foods removed and may have other parts or chemicals added. They are not whole foods. As such, although they are healthier than eating land and aquatic animals, eggs, and dairy, they are far less healthy than eating WFPB SOS-free.

### **Processed foods are deliberately manufactured to be addictive**

When changing to a whole plant foods, sugar-, oil-, salt-free way of eating (WFPB SOS-free), it is helpful to know in advance that your taste buds have been conditioned and habituated to expect sugar, fat, and salt and you will likely continue to crave them for about three weeks during the transition.

It takes about three weeks for your taste buds to adjust to eating SOS-free. That's why the 21 Day Kickstart food transition program is 21 days.

Processed food manufacturers deliberately add sugar, fat, and salt 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-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>

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

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/](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>  
<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/>

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

[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.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](https://www.youtube.com/watch?v=i_QDLZuwqYY)

### **Olive oil and other processed vegetable oils are vegan but not healthy**

Yes, we need to eat certain kinds of fats--from nuts, especially walnuts, seeds, and avocados, not processed vegetable oils!

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

[https://www.youtube.com/watch?v=b\\_o4YBQPKtQ](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>

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=lbALgjmZUek>

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

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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](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](http://www.kphealthyme.com/documents/plant_based_diet_e.aspx)

Plant-Based Nutrition - Frequently Asked Questions & Concerns

[https://mydoctor.kaiserpermanente.org/ncal/Images/1082-E%20Rev%209-12%20CL\\_tcm75614811.pdf](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](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](https://mydoctor.kaiserpermanente.org/ncal/Images/Simple%20Steps%20to%20Plantbased%20Eating%208-31-11_tcm75-508700.pdf)

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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 Cafe**

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

They serve only organic whole plant foods prepared without added sugar, oil, or salt. GreenFare opened in 2014.

<https://greenfare.com/>

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21 Day Kickstart program at GreenFare

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

"The Food for Life: Kickstart Your Health curriculum is based on the Physician's Committee for Responsible Medicine (PCRM)'s successful 21-Day Kickstart online program (21DayKickstart.org). The Kickstart program has helped over 200,000 people adopt a whole plant diet to reach their health goals."

GreenFare offers the 21 Day Kickstart program once a month. In 2014 I told my doctor about the program. He and his wife attended and since then he refers his patients there.

<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 program, and a 1 minute 13 second video of Gwyn Whittaker, founder and CEO of GreenFare talking about the 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](http://veganchefchallenge.org/DC).

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

GreenFare also 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.

GreenFare also organizes the annual Planet Virginia event, formerly called Fairfax VegFest, in Herndon. The next event will be April 21, 2024.

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

GreenFare Organic Cafe Community group on Facebook

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

## Physicians Committee for Responsible Medicine

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](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 International Conference on Nutrition in Medicine annual in DC. This past August was the 11th annual conference.

<https://www.pcrm.org/news/news-releases/worlds-leading-experts-nutrition-medicine-convene-conference-washington-dc-aug>

## 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.

<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."



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Downloaded from <https://savageheart.com/vegan/vegan.html>

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>

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](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](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.

<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/>  
<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

There is an abundance of recipes online for preparing plant foods. There is an abundance of cookbooks about eating plants. For example, I found the websites below by searching for "vegan recipes."

<https://www.allrecipes.com/recipes/1227/everyday-cooking/vegan/>

"Plant-based diets are healthy, environment-friendly, and really yummy. Our collection has more than 1,940 real-people-tested vegan recipes for cooking and baking. Don't forget dessert!"

<https://www.onegreenplanet.org/channel/vegan-recipe/>  
<https://www.loveandlemons.com/vegan-recipes/>  
<https://www.feastingathome.com/vegan-dinner-recipes/>  
<https://www.bonappetit.com/gallery/vegan-dinner-recipes-that-we-just-love>  
<https://www.themediterraneanandish.com/vegan-dinner-recipes/>

You can also search for things like:

easy vegan recipes  
easy vegan recipes for breakfast  
easy vegan recipes for lunch  
easy vegan recipes for dinner  
simple vegan recipes 5 ingredients or less  
easy vegan recipes for beginners  
vegan recipes no oil - for example:

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

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

<https://wholeharvest.com/blogs/plant-based-lifestyle/the-beginner-s-guide-to-a-whole-food-plant-based-diet-for-weightloss>

My web page has additional resources about a vegan lifestyle and eating only plants.

<https://savageheart.com/vegan/vegan.html>

Eating healthy is one component of being healthy.