

“Veg Out” Resources *from the Climate Action Team’s lunch & learn*

General/how-to info:
MayoClinic: How to start a plant-based diet
Kaiser Permanente: 3 easy ways to pack protein into your plant-based diet
Healthline: The 18 Best Protein Sources for Vegans and Vegetarians
Wimpy Vegetarian: How to Create the Essential Vegetarian Pantry
Veggies & More: The Ultimate Vegan Staples for Beginners: Dietitian-Approved!
https://chefaj.com . She lost 70 pounds by switching from a vegan, junk food diet to a vegan whole-food, plant-based diet.

Inspirations:
Forks over Knives interviews: https://www.forksoverknives.com/success-stories/
Vox article: The Climate Movements Biggest Weakness, by Kenny Torella

Books:
How Not to Die, by Michael Greger, MD, FACLM and Gene Stone
Scientific research on foods shown to reverse and/or prevent disease.
How not to Diet, by Micael Geger, MD, FACLM
Science of Healthy, permanent weight loss
Eat for LIFE, by Joel Fuhrman, MD
Healthy Eating Healthy World, by J. Morris Hicks
Diet for a New America, by John Robbins

Recipe websites:
Do You Really Need a Recipe? - Vegan Outreach
Plant-Based Recipes - Forks Over Knives
Love and Lemons - Healthy, whole food, vegan and vegetarian recipes
NYT Cooking - Recipes and Cooking Guides From The New York Times
Nora Cooks
Veganuary Veganuary 2025 | Home | The 31 Day Vegan Challenge USA

Dining out when traveling:
Happy Cow App Find Vegan & Vegetarian Restaurants Near Me - HappyCow
Google Maps - search: “vegetarian food near me” or “vegan food near me”



When grocery shopping, look at the list of ingredients before buying.

Atlanta restaurants:

Mamak Vegan Kitchen - Vegan Restaurant in Chamblee, GA
Curry Up Now | Indian Street Food Church Street, Decatur
Cafe Sunflower
The Best Vegan Restaurants In Atlanta
15 Best Restaurants Serving Vegan Fare in Atlanta That Is Actually Delicious
Vegetarian Journal's Guide to Vegetarian and Vegan Restaurants in Atlanta

When you are dining out, let the server know what foods you are avoiding and order specifically.

Documentaries:

Unitarian Universalist Animal Ministries UUAM.org
From Fork to Forest
Common Ground



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