

Resources on Eating Plant-Based - SESSION ONE

Documentaries

1. Forks Over Knives, the movie (online):
<https://www.forksoverknives.com/the-film/>
2. Links to videos about plant-based lifestyle on [Google](#).
3. Links to 18 best vegan documentaries on [VegNews](#).

SESSION ONE

1. Forks Over Knives info, recipes: <https://www.forksoverknives.com/>
2. The Beginners' Guide to a WFPB Diet:
<https://www.forksoverknives.com/how-tos/plant-based-primer-beginners-guide-starting-plant-based-diet/>
3. Stocking your plant-based pantry:
<https://www.youtube.com/watch?v=avha-IFbl0k>
4. 19 High Protein Vegetables: <https://www.healthline.com/health/food-nutrition/19-high-protein-vegetables#faq>
5. Food additive safety ratings: <https://www.cspinet.org/page/chemical-cuisine-food-additive-safety-ratings>