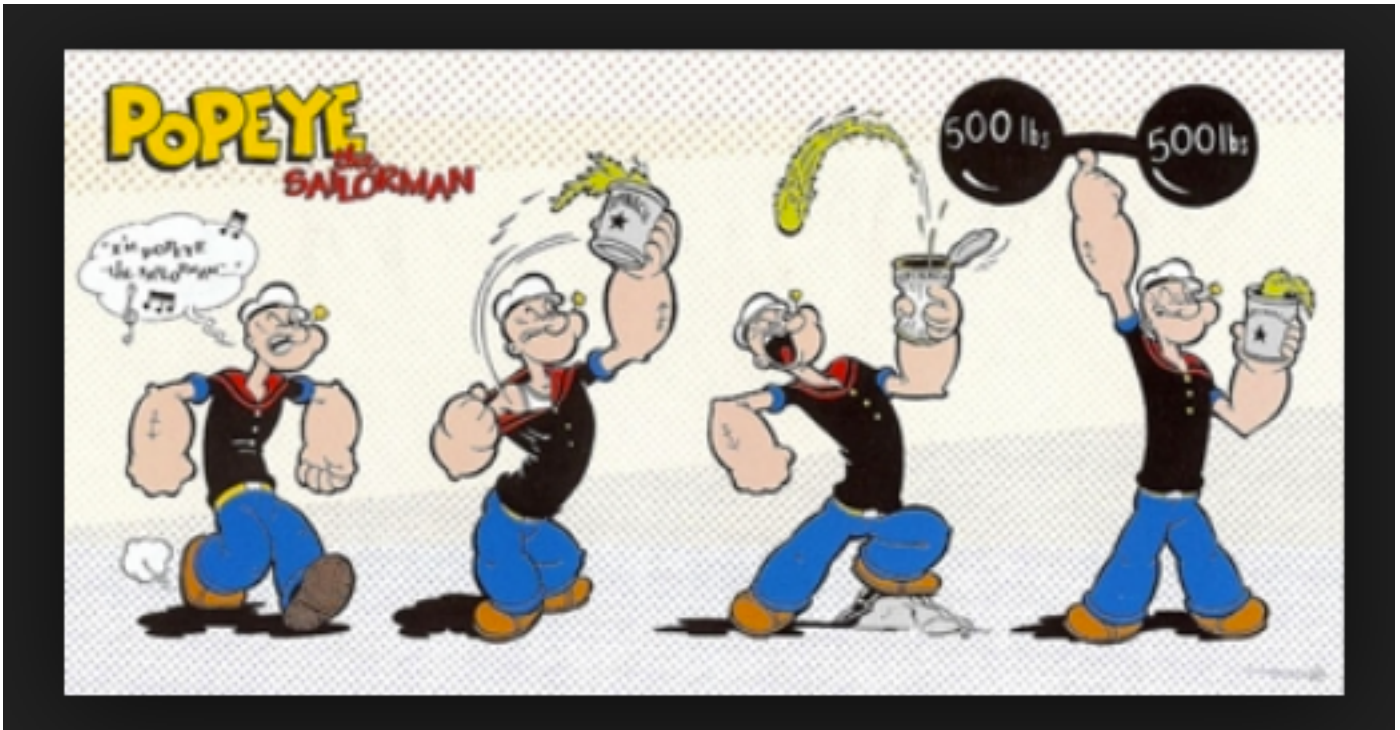


## WHOLE-FOOD PLANT-BASED SPORTS NUTRITION RESOURCES



### **GENERAL INFO:**

"Forks Over Knives" <http://www.forksoverknives.com> Site of the hit movie about preventing and reversing chronic disease with WFPB approach. The site is your one-stop shopping for getting started with WFPB: cookbooks, articles, support, success stories, meal plans, apps, starter guides, classes, etc.

Julieanna Hever, <http://plantbaseddietitian.com/> See her book "[The Complete Idiot's Guide to Plant-Based Nutrition](#)"

### **ATHLETE SPECIFIC:**

Website of new movie "The Game Changers" has all you need to get started.

<https://gamechangersmovie.com/>

<http://www.nomeatathlete.com/> Marathoner Matt Frazier. Excellent nutrition and resource guide. His latest book, [The No Meat Athlete Cookbook](#), is the better of his two.

[http://www.veganbodybuilding.com/?page=bio\\_robert](http://www.veganbodybuilding.com/?page=bio_robert) Robert Cheeke, bodybuilder and strength coach. See his new book "Shred It: Your Step-by-Step Guide to Burning Fat and Building Muscle on a Whole-food Plant-Based Diet" which includes numerous athlete profiles, recipes and meal plans:

<http://www.richroll.com/bio/> Richard Roll, Ultra-man and author of [Finding Ultra](#).

His [Podcast](#) is the best! Look for interviews with elite/pro athletes David Carter (NFL defensive line), John Salley (NBA), Patrick Baboumian (world record strength), Brendan Brazier (pro Ironman), Matt Ruscigno (endurance sports), Hillary Biscay (triathlon), and Tim VanOrden (ultra running).

Brendan Brazier, pretty much the godfather of plant-based performance nutrition.

<http://www.brendanbrazier.com/>

His short article on common problems plus solutions for the plant-powered athlete is valuable:

<http://www.vegkitchen.com/nutrition/vegan-athlete/>

## **BUT WHAT ABOUT PROTEIN???**

Here's an excellent short and approachable article by "Ultra Man" Rich Roll on protein:

<https://www.forksoverknives.com/slaying-protein-myth/>

"Dude, where do you get your protein? The definitive guide for the plant-based athlete" It is.

<https://tfflifestyle.com/product/proteinbook/>

Robert Cheeke <http://nutritionstudies.org/no-whey-man-ill-pass-on-protein-powder/>

Dr Garth Davis, "Proteinaholic: How Our Obsession With Meat Is Killing Us And What We Can Do"

[http://www.amazon.com/Proteinaholic-Obsession-Meat-Killing-](http://www.amazon.com/Proteinaholic-Obsession-Meat-Killing-About/dp/0062279300/ref=asap_bc?ie=UTF8)

[About/dp/0062279300/ref=asap\\_bc?ie=UTF8](http://www.amazon.com/Proteinaholic-Obsession-Meat-Killing-About/dp/0062279300/ref=asap_bc?ie=UTF8)

## **BUT ISN'T SOY FULL OF HORMONES?**

Soy is safe and indeed protective against hormonal cancers: [http://freefromharm.org/health-](http://freefromharm.org/health-nutrition/vegan-doctor-addresses-soy-myths-and-misinformation/)

[nutrition/vegan-doctor-addresses-soy-myths-and-misinformation/](http://freefromharm.org/health-nutrition/vegan-doctor-addresses-soy-myths-and-misinformation/)

Marie Oser, "[The Skinny on Soy](#)"

## **BUT "BUTTER IS BACK" AND SATURATED FAT ISN'T BAD FOR YOU, RIGHT?:**

David Katz, founding director of Yale's Prevention Research Center on "Heart Disease Is Not Hypothetical"

<https://www.forksoverknives.com/high-saturated-fat-diets-cause-heart-disease/>

## **BUT 'CARBS' ARE BAD FOR YOU AND MAKE YOU FAT, RIGHT?:**

<https://www.drmcDougall.com/health/education/health-science/lesson-in-nutrition/>

## **WHAT ABOUT SOME ESSENTIAL MICRONUTRIENTS IF I'M NOT EATING MEAT?**

### **Iron:**

In addition to eating iron-rich plant foods (legumes and lentils, dark leafy greens, blackstrap molasses) combined with vitamin C (any fresh fruit, lemon juice in salad dressing, etc), you should also avoid things which inhibit iron absorption. Caffeine and dairy products (milk, yogurt, cheese, ice cream) are notorious for causing or exacerbating iron-deficiency anemia, as is well documented in the medical literature.

Here are excellent overviews of iron:

[http://www.nutritionmd.org/health\\_care\\_providers/hematology/ironanemia\\_nutrition.html](http://www.nutritionmd.org/health_care_providers/hematology/ironanemia_nutrition.html)

<https://www.drmcDougall.com/health/education/health-science/common-health-problems/anemia/>

### **Calcium:**

<https://resources.plantricianproject.org/dispelling-the-calcium-myth>

### **B12, the one supplement to take for sure (meat-eaters included):**

<http://www.veganrecipes.com/blog/vegan/dr-michael-klaper-reveals-the-truth-about-vitamin-b12/>

<http://www.theveganrd.com/vegan-nutrition-primers/vitamin-b12-a-vegan-nutrition-primer>

## **ARE "SUPERFOODS" NECESSARY?**

<https://www.forksoverknives.com/powders-extracts-oils-and-juices/>

## **MEAL PLANS AND STARTER GUIDES:**

Five plans from "Health Made Simple" to "eat healthily and plant-based without stressing out":

<http://www.nomeatathlete.com/meal-plan-system/>

Fully customized plans for anyone, and especially athletes:

<https://meals.richroll.com/>

Lanie Muelrather, "The Plant Based Journey: A Step-By-Step Guide" <http://lanimuelrath.com/plant-based-journey/>

Physicians Committee for Responsible Medicine kickstart, free and starts the first of every month

<http://www.pcrm.org/health/diets/kickstart/kickstart-programs/>

## **RECIPE WEBSITES:**

[Thrive Forward](#)

"Forks Over Knives" <http://www.forksoverknives.com/recipes/>

Dreena Burton, <http://plantpoweredkitchen.com/>

Angela Liddon, <http://ohsheglows.com/categories/recipes-2/>

<https://www.vegkitchen.com/>

<https://minimalistbaker.com/recipe-index/>

## **COOKBOOKS:**

<https://go.nomeatathlete.com/cookbook-info>

Dreena Burton, [Plant Powered Families](#)

[Thug Kitchen: Eat Like You Give A Fuck](#)

Angela Liddon, [The Oh She Glows Cookbook](#) (preferable to her latest)

[Forks Over Knives: The Cookbook](#)

[Isa Chandra Moskowitz](#), [Isa Does It](#), [Veganomicon](#), [Vegan with a Vengeance](#) (but edit added oil and fats for optimum nutrition) The Irma Rombauer and "Joy of Cooking" of the plant-based world. See website below.

## **EATING ON A BUDGET:**

<http://plantbasedonabudget.com/>

Emma Roche, "Whole-Food Plant-Based on \$5 a Day": <http://www.plantplate.com/>

Jeff Novick is a master of affordable, fast and healthful cooking:

[http://www.jeffnovick.com/RD/Fast\\_Food\\_Vol\\_1.html](http://www.jeffnovick.com/RD/Fast_Food_Vol_1.html)

## **MOVIES :**

"The Game Changers" from James Cameron. Widely available on-line.

"From The Ground Up" <https://www.fromthegroundupfilm.com/> Wonderful portraits of elite plant-based athletes.

"Forks Over Knives" <https://www.forksoverknives.com/the-film/> Preventing and reversing chronic disease, and improving already good health and performance, with a WFPB life. Has changed and saved countless lives.

"Cowspiracy: The Sustainability Secret" <http://www.cowspiracy.com/> Highly informative and entertaining exploration of why leading environmental organizations are silent on the environmental devastation of animal agriculture.

## **DOCTORS/MEDICAL:**

For fact-checking nutrition claims of all kinds, **Dr Michael Greger** is a gold-mine: [www.nutritionfacts.org](http://www.nutritionfacts.org). See especially his lecture presentations, "Uprooting the Leading Causes of Death"

<http://nutritionfacts.org/video/uprooting-the-leading-causes-of-death/> and

"More Than An Apple a Day: Combating Common Diseases" <http://nutritionfacts.org/video/more-than-an-apple-a-day-preventing-our-most-common-diseases/>

Also check out his terrific best-selling book, How Not To Die : <https://nutritionfacts.org/book/>

Dr John McDougall, The Starch Solution: Eat the Foods You Love, Regain Your Health, a top pick among his many books

