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RECIPES ARE EVERYWHERE

By Dr. Kerry Graff

While this book contains a few recipes to get you started, Jim and I didn't put dozens of recipes in this little book. Here's why:

1. We wanted to keep this book inexpensive so that just about anyone who was interested could afford it. That meant keeping it small and in black and white. Recipes, on the other hand, are much more appealing with beautiful color pictures to inspire you.
2. Most people have at least one internet-enabled electronic device with a plethora of healthy recipes at their fingertips at all times. And many of them are free.
3. We think it's more valuable if we show you how to find or create hundreds of great recipes on your own. Remember the "teach a man to fish" tale?

Recipe Websites. We asked many of our plant-based eating friends for their favorite free recipe websites. Fourteen of those sites are listed here in alphabetical order.

1. 4LeafProgram.com
2. ChocolateCoveredKatie.com (desserts)
3. DrMcDougall.com
4. Engine2Diet.com
5. FatFreeVegan.com
6. ForksOverKnives.com (plus great app)
7. HappyHerbivore.com
8. NakedFoodMagazine.com
9. NutritionStudies.org
10. OhSheGlows.com
11. OneGreenPlanet.org
12. Peta.org/recipes
13. StraightUpFood.com
14. TheSimpleVeganista.blogspot.com

Cookbooks. Some of you will prefer to use an actual cookbook rather than a website or app. (As the daughter of two English teachers, I love books and cookbooks are no exception.) Here are some of our favorites, all of which are available at Amazon.

- *The China Study All-Star Collection*, Leanne Campbell
- *The China Study Cookbook*, Leanne Campbell
- *Forks Over Knives The Cookbook*, Del Sroufe
- *The Happy Herbivore* (all of them), Lindsay Nixon
- *The Oh She Glows Cookbook*, Angela Liddon
- *PlantPure Nation Cookbook*, Kim Campbell
- *Straight From the Earth*, Myra and Marea Goodman
- *Thrive Energy Cookbook*, Brendan Brazier

The following aren't just *cookbooks* but do contain a lot of recipes, along with other great information on whole food, plant-based diets:

- *Engine 2 Diet and My Beef with Meat*, by Rip Esselstyn
- *Forks Over Knives, The Plant-based Way to Health*, Gene Stone
- *The Forks Over Knives Plan* An excellent book on how to transition to plant-based eating whose only flaw is not using the 4Leaf Survey tool! By Alona Pulde and Matthew Lederman
- *Prevent and Reverse Heart Disease*, by Caldwell Esselstyn

Note that some of the recipes on these sites or in the cookbooks will not score at the 4Leaf level, but they are a good place to start. Some of the recipes have oil, which we recommend you leave out. Some will contain whole grain but processed, plant-based foods, which we encourage you to use in moderation.

Create your own favorite recipes. One of Jim's favorite creations is his *Sailors Daily Oatmeal*. He figures if a single man with minimal cooking experience can create a recipe, anyone can. For more details about that recipe, see page 160 or visit Recipes at 4leafprogram.com.

Recipes in Appendix. Beginning with Appendix C on page 156, you will find a number of our favorite recipes in the *Going 4Leaf in 4 Weeks* series.

One more idea. Jim and I have found many great recipes at mainstream sources like the *New York Times*. Quite a few of their recipes can be tweaked a bit and quickly turned into a fairly healthy 3 or 4Leaf meal. We call this Meal Engineering 101: turning average meals into great-tasting, nutritious, health-promoting meals.