



25 Great Online Resources for Plant Based Living

1. Physicians Committee for Responsible Medicine: www.pcrm.org
2. Veg News: www.vegnews.com
3. The Seven Day Vegan: www.7dayvegan.com
4. Forks Over Knives: www.forksoverknives.com
5. Meat Out Mondays: www.meatoutmondays.org
6. The Food Revolution: www.foodrevolution.org
7. The Vegan Society: www.vegansociety.com
8. Vegan Health: www.veganhealth.org
9. Vegan Baking: www.veganbaking.net
10. Non-GMO Shopping Guide: www.nongmoshoppingguide.com
11. Local Vegan Dining Guide: www.thefussyfork.com
12. Local Vegan Meetups: www.meetup/sandiegovegans.com
13. Dr. Greger on Nutrition: <http://nutritionfacts.org/>
14. Food Matters: www.foodmatters.tv
15. Whole Foods: www.wholefoodsmarket.com
16. Vegan Outreach: www.veganoutreach.org
17. PETA: <http://www.peta.org>
18. Living Gluten Free: <http://www.livebetteramerica.com/health/gluten-free>
19. Online Cooking Healthy Lessons: <http://cookinghealthylessons.com>
20. Free From Harm: www.freefromharm.org
21. Paul McCartney on Meat: www.meat.org
22. Care 2 Make a Difference : www.care2.com
23. A World Well Fed Videos & Films: <http://awellfedworld.org/resources/videos>
24. No Meat Athlete: <http://www.nomeatathlete.com/>
25. More Dining options: www.happycow.com