

This week, I have a list of book recommendations for people who are considering veganism! If you are on the cusp on transitioning, maybe one of these books will be your lasting impact.

1. “Becoming Vegan” by Brenda Davis, RD, and Vesanto Melina, MS, RD

This comprehensive guide offers insights into plant-based nutrition, addressing topics such as disease prevention, protein sources, healthy weight maintenance, and meeting vitamin and mineral needs. It’s tailored for individuals at all stages of life, including infants, children, and seniors.

2. “Decolonize Your Diet: Plant-Based Mexican-American Recipes for Health and Healing” by Luz Calvo

More than just a cookbook, this work celebrates indigenous Mexican-American culinary traditions. It emphasizes cooking with native plants like squash, beans, corn, and herbs, highlighting the profound connection between food, health, ancestry, and spirituality.

3. “BOSH!: Simple Recipes. Amazing Food. All Plants.” by Henry Firth and Ian Theasby

Authored by the duo behind the popular BOSH! platform, this cookbook features 140 easy-to-follow vegan recipes. From hearty mains to delectable desserts and cocktails, it offers a diverse range of plant-based dishes designed to appeal to both novices and seasoned cooks.

4. “PlantYou: 140+ Ridiculously Easy, Amazingly Delicious Plant-Based Oil-Free Recipes” by Carleigh Bodrug

Carleigh Bodrug, known for her PlantYou platform, presents over 140 plant-based, oil-free recipes in this cookbook. Emphasizing simplicity and health, the book aims to make plant-based cooking accessible and enjoyable for everyone.

5. “72 Reasons to Be Vegan: Why Plant-Based. Why Now.” by Gene Stone and Kathy Freston

This book provides compelling arguments for adopting a vegan lifestyle, touching on health benefits, environmental impact, and ethical considerations. It’s a concise and persuasive read for those curious about the motivations behind veganism.

