Whole-Food Plant-Based, Fast & Easy: Resources

Note: Some of these resources may not be completely whole-food plant-based (WFPB,) and most will not be Very Low-Fat WFPB or Jumpstart-compliant, if that is what you are following. Please use your adapting skills, and look to these recipes for inspiration and ideas, if you cannot follow them exactly.

Books

Maribeth Abrams and Anne Dinshah, *The 4-Ingredient Vegan*

Nava Atlas, *5-Ingredient Vegan; Vegan Express*

Katy Beskow, *Five Ingredient Vegan*

Julia Bilashuk, *A Plant-Based Diet Cookbook with Pictures*

Jill & Jeffrey Dalton, *Plant-Based Cooking Made Easy*

Kathy A. Davis, *Super Easy Plant-Based Cookbook*

Brandi Doming, *The Vegan 8*

J L Fields, *Fast & Easy Vegan Cookbook*

Kate Friedman, *5-Ingredient Vegan Cooking*

Kathy Hester, *The Easy Vegan Cookbook*

Donna Klein, *Supermarket Vegan*

Ally Lazare, *Plant-Based Diet in 30 Minutes*

Nancy Montuori, *The Easy 5 Ingredient Vegan Cookbook*

Sarah Nevins, *Effortless Vegan*

Toni Okamoto, *The Super Easy Vegan Slow Cooker Cookbook*

Vivian Pearson, *Plant Based Cookbook for Beginners*

Robin Robertson, *Quick-Fix Vegan; More Quick-Fix Vegan; Quick-Fix Vegetarian; One-Dish Vegan*

Lorna J. Sass, *Short-Cut Vegan*

Del Sroufe, *The China Study Quick & Easy Cookbook*

Laura Theodore, *Easy Vegan Home Cooking*

Sam Turnbull, *Fuss-Free Vegan*

Websites

https://www.acouplecooks.com/easy-vegan-recipes-for-beginners/

https://www.acouplecooks.com/vegan-dinner-recipes/
https://www.allrecipes.com/gallery/easy-vegan-dinners/

https://www.bbcgoodfood.com/recipes/collection/easy-vegan-recipes

https://chooseveg.com/blog/30-vegan-dinners-in-30-minutes-or-less/

https://www.eatingwell.com/article/7902516/vegan-meal-plan-for-beginners/

https://food52.com/blog/24248-best-plant-based-diet-recipes

https://www.forksoverknives.com/recipes/vegan-menus-collections/30-minute-meals/

https://www.forksoverknives.com/recipes/vegan-menus-collections/easy-plant-based-recipes/

https://www.goodhousekeeping.com/food-recipes/healthy/g807/vegan-recipes/

https://www.loveandlemons.com/vegan-recipes/

https://mypureplants.com/quick-vegan-meals/

https://nosweatvegan.com

https://minimalistbaker.com/easy-vegan-recipes/

https://www.realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals/easy-vegan-recipes

https://thevegan8.com

https://www.veganeasy.org

Food mail-order or delivery services

Daily Harvest: WFPB Meal Delivery; https://www.daily-harvest.com

Leafside: WFPB dried meals, “just add water”: https://www.goleafside.com

Mama Sezz: WFPB Meal Delivery; https://www.mamasezz.com

Purple Carrot: WFPB Meal Delivery or Meal Kits; https://www.purplecarrot.com

PlantPure Nation: WFPB meal starter kits; https://www.plantpurenation.com