



Spring 30-Day Vegan Challenge

Vegan Resources

My favorite Recipe Blogs

Sweetpotatosoul.com (well, this is my blog)

Mynewroots.blogspot.com

Chefambershea.com (great cookbooks)

Lunchboxbunch.com

Blissfulchef.com

Awesome Vegan Websites for News, Recipes and Inspiration

Ieatgrass.com

TaliaFurhman.com

OneGreenPlanet.org

GirlieGirlArmy.com

VegetarianTimes.com

Vegnews.com

Barefoottiger.com

Amandarosewellness.com

Meatlessmonday.com

Cooking Inspiration

FindingVegan.com

FoodGawker.com

Tastepotting.com

Vegan Restaurant Guide

Happycow.net

VegGuide.org

Supervegan.com

Cookbooks

The Artful Vegan by Eric Tucker

Soulful Vegan by Bryant Terry

The Inspired Vegan by Bryant Terry

Vegan Eats World by Terry Hope Romero

Super Natural Every Day by Heidi Swanson (vegetarian)

Veganomicon by Isa Chandra Moskowitz and Terry Hope Romero



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Vegan Brunch by Isa Chandra Moskowitz
Kansha (Vegan Japanese) by Elizabeth Andoh
Blissful Bites by Christy Morgan
Practically Raw by Amber Shea Crawley
The Joy of Vegan Baking by Colleen Patrick-Goudreau
The Happy Herbivore by Lindsay Nixon
Chloe's Kitchen by Chloe Coscarelli
Raw Food Real World by Sarma Melngailis and Matthew Kenney

Books

The China Study by T. Colin Campbell
Eat to Live by Joel Fuhrman, MD
Thrive: The Vegan Nutrition Guide by Brendan Brazier
Diet for a New America by John Robbins
21-day Weight Loss Kickstart by Neal Barnard, MD
The Kind Diet by Alicia Silverstone
Veganist by Kathy Freston
Main Street Vegan by Victoria Moran