



# Sustainable Diets

## More Vegetables

Eat More Plants by Molly Krebs

Ultimate Veg: Easy & Delicious Meals For Everyone by Jamie Oliver

Vegetables First: 120 Vibrant Vegetable-Forward Recipes by Ricardo

Simple Green Meals: 100+ Plant-Powered Recipes To Thrive From The Inside Out by Jen Hansard

Vedge: 100 Plates Large And Small That Redefine Vegetable Cooking by Rich Landau

New Flavors For Vegetables by Jodi Liano

## More Whole Grains

Awesome Ancient Grains & Seeds: A Garden-To-Kitchen Guide : Includes 50 Vegetarian Recipes by Dan Jason

Bowls Of Plenty: Recipes For Healthy And Delicious Whole-Grain Meals byCarolynn Carreño

Simply Ancient Grains: Fresh And Flavorful Whole Grain Recipes For Living Well by Maria Speck

150 Essential Whole Grain Recipes by Canadian Living

## More Pulses and Alternate Proteins

Superlegumes: Eat Your Way To Great Health by Chrissy Freer

The Power Of Pulses: Saving The World With Peas, Beans, Chickpeas, Favas & Lentils: With Organic-Gardening Easy-Grow Advice And 50 Recipes by Dan Jason

Spilling The Beans: Cooking And Baking With Beans And Grains Everyday by Julie Van Rosendaal

Nourish: Whole Food Recipes Featuring Seeds, Nuts & Beans by Nettie Cronish

Bean By Bean by Crescent Dragonwagon

## More Plant-Based Meals

Vegan Reset: The 28-Day Plan To Kickstart Your Healthy Lifestyle by Kim-Julie Hansen

I Can Cook Vegan by Isa Chandra Moskowitz

Vegan Yack Attack On The Go!: Plant-Based Recipes For Your Fast-Paced Vegan Lifestyle by Jackie Sobon

Oh She Glows (and also Oh She Glows Every Day: Quick And Simply Satisfying Plant-Based Recipes) by Angela Liddon

Minimalist Baker's Everyday Cooking: 101 Entirely Plant-Based, Mostly Gluten-Free, Easy And Delicious Recipes by Dana Shultz

Naturally Sweet Vegan Treats: Plant-Based Delights Free From Refined And Artificial Sweeteners by Marisa Alvarsson

## Water Infusions

Tea-Vitalize: Cold Brew Teas And Herbal Infusions To Refresh And Rejuvenate by Mimi Kirk