

# VOA Lending Library: Books

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## Vegetarian & Vegan Cookbooks

### (The) (Almost) No Fat Cookbook – Everyday Vegetarian Recipes

By Bryanna Clark Grogan  
1994. USA. 192 pages.  
Details: Vegan.

### Amazing Grains – Creating Vegetarian Main Dishes with Whole Grains

By Joanne Saltzman  
1990. USA. 202 pages.  
Details: Joanne is the founder of School of Natural Cookery. Lots of info on cooking methods.  
Vegan.

### (The) American Vegetarian Cookbook from the Fit For Life Kitchen

By Marilyn Diamond  
1990. USA. 422 pages.

### (The) Apartment Vegetarian Cookbook

By Lindsay Miller  
1978. USA. 312 pages

### (The) Big Carrot Vegetarian Cookbook

By Anne Lukin  
1989. Canada. 141 pages.

### (The) Color Book of Fibre Cooking

Edited by Carole Handslip  
1979. UK. 92 pages.

### Company's Coming – Meatless Cooking

By Jean Pare  
1997. Canada (Edmonton!) 156 pages  
Details: 2 copies available.

Complete Vegetarian Cookbook

By Charmaine Solomon

1991. Australia. 470 pages.

Details: Some colour pictures.

(The) Cookbook for People Who Love Animals

By Gentle World

1990. USA. 192 pages.

Cookin' Healthy with One Foot Out the Door

By Polly Pitchford and Delia Quigley

1994. USA. 160 pages.

Details: Vegan.

Cooking What Comes Naturally: A Natural Foods Cookbook Featuring a Month's Worth of Natural-Vegetarian Menus

By Nikki Goldbeck

1973. USA. 190 pages.

Country Kitchen Collection

By Phil and Eileen Brewer

1992. Canada. 280 pages

Details: 2 copies available. Vegan. "Fantastically delicious & nutritious vegetarian meals."

Recipes from Silver Hills Guest House in Lumby, B.C.

Dairy-Free & Delicious

By Brenda Davis, Bryanna Clark Grogan, Joanne Stepaniak

2001. USA. 159 pages.

Details: Vegan.

Detox Cooking

By Nicola Graimes

2000. UK. 96 pages.

Eating Withough Heating

By Sergei and Valya Boutenko

2002. USA. 72 pages.

Details: Raw recipes.

Eco-Cuisine: An Ecological Approach to Gourmet Vegetarian Cooking

By Ron Pickarski

1995. USA. 278 pages.

Details: Vegan.

Energy Foods

By Nic Rowley, Kirsten Hartvig

2000. USA. 72 pages.

Entertaining with Cranks: Creating Sensational Meals the Vegetarian Way

By Kay Canter and Daphne Swann

1987. Great Britain. 250 pages.

Details: Recipes from the Cranks restaurant chain.

(The) Everyday Vegan

By Dreena Burton

2005. Canada (Vancouver). 205 pages.

Fabulous Beans

By Barb Bloomfield

1994. USA. 144 pages.

Details: Vegan

Fat-Free & Easy: Great Meals in Minutes!

By Jennifer Raymond

1997. USA. 150 pages.

Details: Vegan.

Festive Food for Vegetarians

By Linda Majzlik

1991. UK. 134 pages.

(The) 15-Minute Vegetarian Gourmet

By Paulette Mitchell

1987. USA. 148 pages.

Details: Some vegan recipes.

Food Glorious Food – From the Kitchen at High Level Natural Foods

By Pauline Le Bel

1988. Canada (Edmonton!) 110 pages.

Details: Some vegan recipes.

Friendly Foods

By Brother Ron Pickarski, O.F.M.

1991. USA. 272 pages.

Details: Gourmet Vegetarian cuisine. Vegan.

Great Good Desserts Naturally!

By Fran Costigan

1999. USA. 144 pages.

Details: Vegan. “Now you can eat sumptuous desserts that are as healthful as they are delicious, using more whole grain flours, nutritious oils, organic ingredients, and natural sweeteners, without eggs or dairy products.”

Gourmet Vegetarian Feasts – An International Selection of Appetizing Recipes for All Occasions

By Martha Rose Shulman

1989. USA. 192 pages.

Have Your Cake...and Tofu Too!

By Shirley Sneddon & Shirley Stady

1995. Canada (St. Albert, Alberta!) 96 pages.

Details: "Recipes designed to lower the fat content in rich cakes, muffins, & desserts!"

Healthy Food Choices: A Pure Vegetarian Recipe Book

By Leona R. Alderson

1994. USA. 238 pages.

Details: Vegan (uses honey).

Hearty Vegetarian Soups and Stews

By Jeanne Marie Martin

1993. Canada. 93 pages.

Incredibly Delicious: The Vegan Paradigm Cookbook

By Gentle World

2000. USA. 304 pages.

Instant Chef 3 – Meatless Meals for Small Budgets

By Grant MacEwan Community College

1998. Canada (Edmonton!) 100 pages.

Kathy Cooks - Vegetarian, Low Cholesterol

By Kathy Hoshijo

1989. USA. 728 pages.

Details: Based on a PBS television cooking show. Hard cover.

Laurel's Kitchen Recipes

By Laurel Robertson, Carol Flinders, and Brian Ruppenthal

1976, 1986, 1993. USA. 350 pages.

Lean Bean Cuisine

By Jay Solomon

1995. USA. 248 pages.

Details: Meatless bean dishes from around the world. Mostly vegan.

Meatless Meals for Working People: Quick & Easy Vegetarian Recipes

By Debra Wasserman and Charles Stahler

1986, 1991. USA. 96 pages.

Menus & Recipes for Vegetarian Cooking

By the Editors of Sunset Books and Sunset Magazine

1981. USA. 96 pages.

Details: Some coloured pictures.

Modern Vegetarian Cookery

By Walter and Jenny Fliess

1972. Great Britain. 240 pages.

Details: The Fliess' owned a restaurant in Germany & England.

Moosewood Restaurant Cooks at Home: Fast and Easy Recipes for Anyday

By Moosewood Collective

1994. USA. 416 pages.

Moosewood Restaurant Low-Fat Favorites

By the Moosewood Collective

1996. USA. 465 pages.

(The) New Age Organic Vegetarian Cook Book

By Peter Max and Ronwen Vathsala Proust

1971. USA. 128 pages.

(The) New American Vegetarian Menu Cookbook: From Everyday Dining to Elegant Entertaining

By Paulette Mitchell

1984. USA. 214 pages.

(The) New Farm Vegetarian Cookbook

By Louise Hagler and Dorothy R. Bates

1975, 1978, 1988. Location. 219 pages.

Details: 2 copies available. Vegan.

(The) New McDougall Cookbook: 300 Delicious Ultra-Low-Fat Recipes

By John A. McDougall, M.D., and Mary McDougall

1993. USA. 405 pages.

Details: 2 copies available. Vegan.

(The) New Vegetarian Gourmet

By Byron Ayanoglu

1996. Canada. 186 pages.

(The) Peaceful Palate – Fine Vegetarian Cuisine

By Jennifer Raymond

1992. USA. 144 pages.

Details: Vegan.

Quick and Easy Vegetarian

By Author

2001. UK. 79 pages.

(The) Really Whole Food Cookbook

By Dan Jason & Dawn Penny Brooks

1994. Canada. 214 pages.

Recipes for a Small Planet

By Ellen Buchman Ewald

1973. USA. 356 pages.

Romancing the Stove: A Practical Guide to a Lifelong Celebration of Eating for Health

By Samahria Ramsen

1997. Canada. 116 pages.

Details: "Based on Vedic principles and philosophy of the ancient science of India, Ayurveda..."

(The) Second Compassionate Cookbook

By Monica Penner

Date. Location. 256 pages.

Simple Foods For The Pack – The Sierra Club Guide to Delicious Natural Foods for the Trail

By Claudia Axcell, Diana Cooke, & Vikki Kinmont

1986. USA. 256 pages.

(The) Simpler Life Cookbook

By Frank Ford

1976. USA. 151 pages.

Details: From Arrowhead Mills.

Simply Vegan: Quick Vegetarian Meals

by Debra Wasserman

1991. USA. 224 pages.

Details: 2 copies available.

Sinfully Vegan

By Lois Dieterly

2003. USA. 230 pages.

(The) Soup Bible

Edited by Debra Mayhew

1999. UK. 256 pages.

Details: Not every recipe is vegetarian, but many great vegetarian recipes are worth checking out.

Soup's On! Vegetarian Soups, Muffins, & Accompaniments

By Barb Bloomfield

1997. USA. 128 pages.

Details: Vegan.

(The) Soybean Cookbook – Adventures in Zestful Eating

By Dorothea Van Gundy Jones

Date. USA. 240 pages.

Details: Some vegan recipes.

Tassajara Cooking

By Edward Espe Brown

1973. USA. 255 pages.

Details : A Zen Centre book.

(The) Tofu Cookbook

By Cathy Bauer, Juel Andersen

Date. Location. pages.

Tofu Cookery

By Louise Hagler

1991. USA. 160 pages.

Details: Vegan. Some colour pictures.

Tofu Quick & Easy

By Louise Hagler

1986. USA. 96 pages.

Details: Mostly vegan.

(The) TVP Cookbook – Using the Quick Cooking Meat Substitute

By Dorothy R. Bates

1991. USA. 94 pages.

Details: Vegan.

20 Minutes to Dinner – Quick, Low-Fat, Low-Calorie, Vegetarian Meals

By Bryanna Clark Grogan

1997. USA. 191 pages.

Details : Vegan

(The) Vegan Cookbook

By Alan Wakeman, Gordon Baskerville

1986. UK. 298 pages.

Vegetarian Christmas – Festive Feasts for all the Family

By Rose Elliot

1992. Great Britain. 191 pages.

Vegetarian Cooking

By Lalita Ahmed

1988. England. 64 pages.

Details: Many coloured pictures.

Vegetarian Cooking for People with Diabetes

By Patricia Le Shane

1994. USA. 143 pages.

Details: Vegan.

Vegetarian Dishes of the World: A Feast of Foreign Flavours

By Rose Elliot

1996. UK. 352 pages.

(The) Vegetarian 5-Ingredient Gourmet: 250 Simple Recipes

By Nava Atlas

2001. USA. 262 pages.

(The) Vegetarian Gourmet Cookbook

By Paul Southey

1983. USA & Hong Kong. 224 pages.

Details: Some colour pictures.

Vegetarian Meals in Minutes

By Australian Women's Weekly

Date. Australia. 120 pages.

Details: Many coloured pictures.

(The) Vegetarian Times Cookbook

By the Editors of Vegetarian Times Magazine

1984. USA. 318 pages.

(The) Wonders of Sprouting

By Lucie Desjarlais

2003. Canada (BC). 27 pages.

Details : Raw.

(The) Yogurt Cookbook

By Shona Crawford Poole and Jasper Partington

1980. UK. 92 pages

## **Half Info, Half Cookbook**

### (The) Book of Kudzu – A Culinary & Healing Guide

By William Shurtleff & Akiko Aoyagi  
1977. USA. 102 pages.

### Breaking the Food Seduction

By Neal Bernard, M.D.  
2003. USA. 324 pages.

### (The) Chinese Vegetarian Cook Book

By Gary Lee  
1972. USA. 181 pages.  
Details: Very good descriptions of Chinese food and cooking methods.

### (The) Complete Guide and Cookbook for Raising Your Child as a Vegetarian

By Michael & Nina Shandler  
1986. USA. 372 pages.  
Details: Some vegan recipes.

### Diet for a Small Planet (10<sup>th</sup> Anniversary Edition)

By Frances Moore Lappe  
1982. USA. 496 pages.

### Diet for a Small Planet (20<sup>th</sup> Anniversary Edition)

By Frances Moore Lappe  
1991. USA. 479 pages.

### Eat Right, Live Longer

By Neal Bernard, M.D.  
1995. USA. 388 pages.

### Earl Mindell's Soy Miracle

By Earl Mindell, R.Ph., Ph.D.  
1995. USA. 256 pages.

### (The) F-Plan Diet

By Audrey Eyton  
1984. USA. 246 pages.

### Fit For Life

By Harvey and Marilyn Diamond  
1985. USA. 316 pages.

### Fit For Life II: Living Health – The Complete Health Program!

By Harvey and Marilyn Diamond  
1987. USA. 490 pages.  
Details: Some vegan recipes.

Healthy Eating for Life: For Women

By the Physicians Committee for Responsible Medicine (PCRM)  
2002. USA. 260 pages.

Laurel's Kitchen – A Handbook for Vegetarian Cookery and Nutrition

By Laurel Robertson, Carol Flinders, and Bronwen Godfrey  
1978. USA. 641 pages.

(The) New Laurel's Kitchen

By Laurel Robertson, Carol Flinders, and Brian Ruppenthal  
1976, 1986. USA. 511 pages.

Why Vegetarian? A Healthy, Humane, and Environmentally Friendly Approach to Food

By Lynda Dickinson

1994. Canada, USA, England. 111 pages.

Details: Lists vegetarian organizations at back of book. Vegan.

## **Non-Fiction**

### Ageless Body, Timeless Mind – The Quantum Alternative to Growing Old

By Deepak Chopra, M.D.  
1993. USA. 342 pages.

### An Inconvenient Truth

By Al Gore  
2006. USA. 325 pages.

### Animal Factories: What Agribusiness is Doing to the Family Farm, the Environment, and Your Health

By Jim Mason and Peter Singer  
1980, 1990. USA. 240 pages.

### Animal Liberation

By Peter Singer  
1975, 1990. USA. 320 pages.

### At the Cutting Edge

By Elizabeth May  
Date. Location. Pages.

### Becoming a Vegetarian in Five Easy Steps!

By Christine H. Beard  
1997. USA. 160 pages.

### Becoming Vegan

By Vesanto Melina, R.D., and Brenda Davis, R.D.  
2000. USA and Canada. 280 pages.

### Becoming Vegetarian

By Vesanto Melina, R.D., Brenda Davis, R.D., and Victoria Harrison, R.D.  
1994. Canada. 262 pages.

### Beyond Beef: The Rise and Fall of the Cattle Culture

By Jeremy Rifkin  
1992. USA. 353 pages.

### (The) China Study

By T. Colin Campbell, Ph.D.  
2005. USA. 417 pages.

### (The) Complete Idiot's Guide to Being Vegetarian

2000. USA. 375 pages.

### Conquering Yeast Infections

By S. Colet Lahoz  
1996. USA. 156 pages.

Conscious Eating

By Gabriel Cousens, M.D.

2000. USA. 850 pages.

Details: "...Facts and wisdom in support of a live-food vegetarian diet."

Diet for a New America: How Your Food Choices Affect Your health, Happiness and the Future of Life on Earth

By John Robbins

1987. USA. 423 pages.

Diet for a Poisoned Planet

By David Steinman

1990. USA. 392 pages.

Details: 2 copies available.

Diet by Design – Fruits, Nuts, and Natural Foods

by Tyler J. Stanley

1998. USA. 246 pages.

Details: A comprehensive fruit guide. Some vegan recipes at back of book.

Don't Drink Your Milk! – The Frightening New Medical Facts About the World's Most Over-Rated Nutrient

By Frank A. Oski, M.D.

1996. USA. 118 pages.

Famous Vegetarians & Their Favorite Recipes: Lives & Lore from Buddha to the Beatles

By Rynn Berry

1996. USA. 272 pages.

(The) Fast Food Craze Wreaking Havoc on our Bodies and our Animals

By Tina Volpe

2005. USA. 137 pages.

Fast Food Nation – The Dark side of the All-American Meal

By Eric Schlosser

2001. USA. 356 pages.

Food for the Gods: Vegetarianism & the World's Religions

By Rynn Berry

1998. USA. 374 pages.

Details: Vegan.

(The) Food Revolution: How Your Diet Can Help Save Your Life and The World

By John Robbins

2001. USA. 448 pages.

Green for Life

By Victoria Boutenko

2005. Canada. 186 pages.

Juice Fasting: The Age-old way to a New you!

By Dr. Paavo Airola

1971. USA. 78 pages.

Details: 2 copies available.

Mad Cows and Milk Gate

By Virgil Hulse, M.D.

1996. USA. 338 pages.

(The) McDougall Plan

By John A. McDougall, M.D. & Mary A. McDougall

1983. USA. 339 pages.

Details: Vegan.

(The) McDougall Program: 12 Days to Dynamic Health

By John A. McDougall, M.D.

1990. USA. 436 pages.

Details : 2 copies available. Vegan.

(The) McDougall Program for Maximum Weight Loss

By John A. McDougall, M.D., and Mary McDougall

1994. USA. 310 pages.

(The) McDougall Program for Women

by John A. McDougall, M.D.

1999. USA. 452 pages.

Milk A-Z

By Robert Cohen

2001. USA. 63 pages.

Details : [www.notmilk.com](http://www.notmilk.com)

Milk - The Deadly Poison

By Robert Cohen

1998. USA. 316 pages.

(The) New Why You Don't Need Meat

By Peter Cox.

1992. England. 273 pages.

No More Bull

By Howard Lyman

2005. USA. 273 pages.

(The) Power of Your Plate: A Plan for Better Living

By Neal D. Barnard, M.D.

1990. USA. 240 pages.

Psycho Dairy Farm – For Environmentally Aware Barnyard Animals

By Steve Phillips

1992. USA. 100 pages.

Details: Comic book style.

Rabbis and Vegetarianism: An Evolving Tradition

By Roberta Kalechofsky

1995. USA. 96 pages.

Raw Family: A True Story of Awakening

By Victoria, Igor, Sergei and Valya Boutenko

2000. USA. 109 pages.

Seal Wars

By Paul Watson

2002. USA. 248 pages.

Thrive: A Guide to Optimal Health and Performance Through Plant-Based Whole Foods

By Brendan Brazier

2005. Canada. 112 pages.

Details: Vegan.

Transition to Vegetarianism: An Evolutionary Step

By Rudolph Ballentine, M.D.

1987. USA. 309 pages.

Unnatural Law: Rethinking Canadian Environmental Law and Policy

By David Boyd

2003. Canada. 469 pages.

Vegan – The New Ethics of Eating

By Erik Marcus

1998. USA. 210 pages.

(The) Vegetarian Alternative: A Guide to a Healthful and Humane Diet

By Vic Sussman

1978. USA. 286 pages.

Vegetarian Handbook: Restaurant, Food, & Services Directory

By Toronto Vegetarian Association

1996. Canada. 143 pages.

Details: 2 copies available.

Vegetarian Journal's Guide to Natural Foods Restaurants in the U.S. and Canada

By the Vegetarian Resource Group

1993. USA. 270 pages.

Vegetarian Journal Reports

Edited by Debra Wasserman and Charles Stahler

1990. USA. 109 pages.

Details: Articles that appeared in Vegetarian Journal.

(The) Vegetarian Manifesto

By Cheryl Perry et al.

2004. USA. 183 pages.

(The) Vegetarianism of Jesus Christ

By Charles Vaclavik

Date. Location. Pages.

(The) Visual Food Encyclopedia

1996. Canada. 183 pages.

Details: Not strictly vegetarian.

Whole Health: The Guide to Wellness of Body & Mind

By Joseph Keon, Ph.D.

1997. USA. 457 pages.

Your Heart Your Planet

By Harvey Diamond

1990. USA. 236 pages.

## **Fiction**

Ingram Mountain

By Reg Johnston, Melanie Zachoda  
2005. USA. 298 pages.

## **Pregnancy & Raising Vegetarian Children**

Dr. Attwood's Low-Fat Prescription for Kids – A Pediatrician's Program of Preventive Nutrition

By Charles R. Attwood, M.D.

1995. USA. 286 pages.

Pregnancy, Children, and the Vegan Diet

By Michael Klaper, M.D.

1987. USA. 109 pages.

Raising Vegan Children in a Non-Vegan World

By Erin Pavlina

2003. USA. 205 pages.

Details: Erin Pavlina is the founder of [www.vegfamily.com](http://www.vegfamily.com)

Raising Vegetarian Children

By Joanne Stepaniak and Vesanto Melina

2003. USA. 381 pages.

Raising Your Family Naturally

By Joy Gross

1983. USA. 224 pages.

Total Health for You and Your Family: The Vegetarian Way

by Virginia Messina, R.D., & Mark Messina, PhD

1996. USA. 390 pages.

Vegetarian Baby & Child: Nutritional Guidance and Recipes to Help Raise a Healthy Child

By Petra Jackson

1995. Canada. 144 pages.

(The) Vegetarian in the Family – Easy Ways to Adapt Your Cooking to Cater for Every Taste

By Janet Hunt

1994. Great Britain. 223 pages.

Details: Has measurements in both metric and imperial ('American') units.

Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition

By Dr. Holly Roberts

2003. USA. 377 pages.

## **Teen & Youth**

### A Turkey for Thanksgiving

By Eve Bunting

1991. USA. 32 pages.

Details: Ages 5 – 10.

### (The) Canadian Junior Green Guide: How You Can Help Save Our World

By Teri Degler and Pollution Probe

1990. Canada. 120 pages.

Details: Ages 8-14. Colorful pages of information, activities, and experiments.

### Choices for our Future: A Generation Rising for Life on Earth

By Ocean Robbins & Sol Solomon

1994. USA. 191 pages.

Details: Ages 11+

### 50 Simple Things Kids Can Do to Save the Earth

By John Javna (The EarthWorks Group)

1990. USA. 156 pages.

### I Love Animals and Broccoli – A Children’s Activity Book

By Debra Wasserman & Charles Stahler

1985. USA. 48 pages.

Details: Ages 6-10.

### Munchie Madness: Vegetarian Meals for Teens

By Dorothy R. Bates, Bobbie Hinman, and Robert Oser

2001. USA. 155 pages.

Details : Vegan.

### Student’s Vegetarian Cookbook – Quick, Easy, Cheap, and Tasty Vegetarian Recipes

By Carole Raymond

1997. USA. 247 pages.

### Victor the Vegetarian: Saving the Little Lambs

By Radha Vignola

1994. USA. 50 pages.

Details: Ages 5-10.

## **Organics & Pesticides**

### Diet for a Poisoned Planet: How to Choose Safe Foods

By David Steinman

1990. USA. 392 pages.

### Farmageddon: Food and the Culture of Biotechnology

By Brewster Kneen

1999. Canada. 230 pages.

### Hope's Edge

By Francis Moore Lappe and Anna Lappe

2002. USA. 448 pages.

### Safe Food: Eating Wisely in a Risky World

By Michael F. Jacobson, Ph.D., Lisa Y. Lefferts, and Anne Witte Garland

1991. USA. 234 pages.

## **Cancer Issues**

### Cancer is Just a Bully

By Laurie Dunford

2004. Canada (Alberta!) 163 pages.

### Dressed To Kill: The Link Between Breast Cancer and Bras

By Sydney Ross Singer and Soma Grismaier

1995. USA. 192 pages.

### Save Yourself from Breast Cancer: Life Choices That Can Help you Reduce the Odds

By Robert M. Kradjian, M.D.

1994. USA. 256 pages.

### (The) Survivor's Handbook: Eating Right for Cancer Survival

Publication of The Cancer Project

2003. USA. 145 pages.

Details : This is the book corresponding to the DVD entitled Eating Right for Cancer Survival (available in the VOA Lending Library Video & Audio listings).

<http://www.cancerproject.org/resources/index.php>

## **Brochures & Publications**

### Lifelines

Publication of the Toronto Vegetarian Association (Canada)

Issues from July 1999 to June 2003

Details: Includes articles, recipes, and vegetarian restaurants and events in Toronto. TVA website is [www.veg.ca](http://www.veg.ca).

### Good Medicine

Publication of the Physicians Committee for Responsible Medicine (USA)

Issues from Winter 1993 to Winter 2003.

Details: Lots of interesting articles on health, research, & vegan diets. Published quarterly.