



Culinary Medicine Resources

Healthy Recipes:

<http://newstartclub.com/recipes>

<http://www.veganeasy.org/recipes>

<http://www.wildwoodhealth.org/lifestyle/resources/recipes/>

http://www.eatingwell.com/recipes_menus

<http://www.wholefoodsmarket.com/recipes>

<http://www.foodnetwork.com/healthy.html>

<http://www.diabetes.org/mfa-recipes/recipes/>

<http://www.cookinglight.com/food/quick-healthy-recipes>

<http://www.myrecipes.com/healthy-diet>

<http://allrecipes.com/recipes/healthy-recipes/>

<http://www.angiologist.com/healthy-recipes/beans-tools-to-improve-health/>

<http://www.chopchopmag.org/recipes>

<http://www.drgourmet.com/>

Cooking Skills

<http://www.wikihow.com/Category:Basic-Cooking-Skills>

<http://www.jamieshomecookingskills.com/international/>

<http://www.cookinglight.com/healthy-living/healthy-habits/simple-cooking-techniques>

<http://www.nytimes.com/video/cooking-techniques/>

<http://www.bbc.co.uk/food/techniques>

<http://www.stellaculinary.com/knife-skill-video-techniques-hd>

<https://www.youtube.com/user/chefmddotcom>

How to Organize Your Kitchen to Eat Healthy

<http://www.eatingwell.com/videos/kitchen-intervention-how-to-eat-healthy.htm?showVideo=true>

<http://www.webmd.com/diet/healthy-kitchen-11/>



How to Organize a Healthy Menu Plan

<http://www.organizemyselfskinny.com/category/weekly-menu-plans/>

<http://www.plantoeat.com/>

<http://study.com/academy/lesson/how-to-create-a-healthy-eating-plan.html> (it's a course)

<http://www.nourishinteractive.com/nutrition-tools-healthy-family>

<http://wellright.com/university-courses/healthy-meal-planning>

Nutrition Tools:

<http://www.nourishinteractive.com/nutrition-tools-healthy-family>

<https://www.youtube.com/watch?v=ccn6IHivD5M> (What to eat)

<http://www.choosemyplate.gov/>

<http://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>