

We Recommend Tonya Judd, M.H.

One of our goals here at the School of Natural Healing is to help you to be successful as you move forward in your journey toward a healthier life. We want you to be successful, not frustrated. Switching to a plant-based lifestyle can be confusing and seem labor intensive. It doesn't need to be. When we find a product, an idea or a form of social media that will help support and empower in you in achieving your goals for a happy and healthy life-style, we want to share those with you.

I just found the Forks Over Knives magazine. What a happy surprise! This is the ideal magazine format. There are no ads and it is packed with plant-based recipes along with beautiful color photos for each recipe. Each edition includes stories of individuals who have reversed disease by switching to a whole food, plant-based lifestyle.

These magazines are more cookbook, than magazine, which can be added to your plant-based recipe collection.

Forks Over Knives has several other supportive materials on their [website](#) that you might enjoy as well. The first is a meal planning service which you can try for free. Each week you are sent recipes for the entire week along with a shopping list. Your meal plan includes breakfast, lunch, dinner and occasional treat. You also have the option of swapping a recipe should you need to. They have also included a weekend meal-prep section which is very helpful and informative.

If you haven't viewed the Forks Over Knives Documentary, I would highly recommend you do so. The documentary was released in 2011, yet the information is still eye-opening.

Forks Over Knives has a beautiful Instagram page with recipes and ideas as well. We would also love it if you would join us on our Instagram page. You can find us at: [theschoolofnaturalhealing](#).

The School of Natural Healing is not affiliated with Forks Over Knives, nor did we receive any compensation or reimbursement for supplying this information.

***Tonya Judd** is a Master Herbalist graduate of the School of Natural Healing.*

