Get Started Today.

1. Watch a documentary for inspiration: Forks over Knives and Eating You Alive.
2. Download the free Quick Start Guide at <http://plantricianproject.org/quickstartguide>
3. Try a Whole Food Plant Based Meal
4. Sign up for free ongoing education at [www.NutritionFacts.org](http://www.NutritionFacts.org)
5. Visit <http://plantricianproject.org/culinary-rx> and learn about the online 60 day plant based culinary education course
6. Visit The ultimate resource guide for plant based nutrition including recipes https://resources.plantricianproject.org/default/batches/plantricianresources
7. Share it with a friend and change together