

DFN Make the Switch course

RECOMMENDED RESOURCES

Helpful Resources

[Nutrition and common diseases](#)

[Definition of whole food plant-based nutrition](#)

Helpful websites & documentaries

[Websites](#)

[Documentaries](#)

Success Stories

[DFN patient stories](#)

[Dr McDougall](#)

[Mastering Diabetes](#)

WFPB Groups

[Whole Food Plant-Based Aussies \(FB group\)](#)

[Aust WFPB meet up groups](#)

[Global WFPB groups/pods](#)

WFPB Doctors

[Dr Heleen Haitjema](#)

[Dr Luke Wilson - Two Zesty Bananas](#)

[Esselstyn Family Foundation](#)

[Dr Dean and Dr Ayesha Sherzai](#)

[Dr Michael Klaper](#)

[Dr Michael Greger](#)

[Dr Alan Desmond](#)

[Dr Gemma Newman](#)

[DFN Find a \(plant-friendly\) Clinician Directory \(Aust & NZ only\)](#)

Podcasts and books

[Podcasts](#)

[Books and journals](#)

WFPB Recipe & Meal Plan Websites

[As per the bottom of this Websites page](#)



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Recipes shared in the course

[Nina's smoothies](#)

[Orange lemon cupcakes](#)

[Adrian's muesli](#)

[Rebecca's overnight oats](#)

[Hollie's overnight oats](#)

[Heleen's breakfast oats](#)

[Rebecca's nourish bowls](#)

[Nina's hummus](#)

[Mediterranean baked sweet potato](#)

[Banana berry muffins](#)

[Hollie's quinoa and roasted vegetable salad](#)

Additional resources shared in the course

[Healthier plate matrix](#)

[Guide to sodium and saturated fat on food labels](#)

[Simple swaps](#)

Curious for more?

[DFN Six Pillars webinars \(health experts discussing specific conditions\)](#)

[DFN Articles](#)

[Doctors Health Challenge \(4 week challenge incl 21 days of fully WFPB eating\)](#)

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