

40 Days of Lent 2019

A Spiritual Journey

Resources for Plant-based/Vegan Fasting

African American Vegan Starter Guide

https://docs.wixstatic.com/ugd/9c61e5_1c6c2759fd4a4b51993acb897ecd5f5e.pdf

Plant Based Eating Info including “10 Small Steps to Healthier Plant Based Meals”

<https://oldwayspt.org/system/files/atoms/files/Vegetarian-Vegan%2520brochure.pdf>

Vegan Recipes

<https://sweetpotatosoul.com/recipes>

Book Resources

- [Vegan Soul Kitchen](#) by Bryan Terry
- [Sweet Potato Soul](#) by Jenné Claiborne
- [Ageless Vegan: The Secret to Living a Long and Healthy Plant-Based Life](#) by Tracye McQuirter, MPH
- [By Any Greens Necessary: A Revolutionary Guide for Black Women Who Want to Eat Great, Get Healthy, Lose Weight, and Look Phat](#) by Tracye McQuirter, MPH