

Kris Carr's crazyssexy KITCHEN Resource Guide



Dear Crazy Sexy Cooks,

I hope that [Crazy Sexy Kitchen](#) has made your life as delicious, vibrant and joyful as it has made mine. I've put together this "all-things-food" resource guide to make your path to a healthy and happy kitchen even easier. Check out [Crazy Sexy Diet](#) and the [Ultimate Wellness Resource Guide](#) for an even deeper look into my diet and lifestyle philosophy. And don't forget that there's a treasure trove of [recipes](#) over at [KrisCarr.com](#) and in the [Crazy Sexy Juices and Succulent Smoothies](#) digital e-guide.

Yours in the mouth-watering revolution,

Kris Carr

Food Guides

Co-op Directories

[Co-op Directory Service](#)

[Cooperative Grocer](#)

[Local Harvest](#)

Farmers Market Directories

[Farmers Market dot com](#)

[Farmers Market Online](#)

[Local Harvest](#)

Acid/Alkaline Food Chart

[pH Chart](#)

Food Safety Guides

[EWG: Good Food on a Tight Budget](#)

[EWG: Dirty Dozen & Clean Fifteen](#)

Omnivore Guides

[EWG: Seafood Guide](#)

[Animal Welfare Approved](#)

[Humane Heartland](#)

[Certified Humane](#)

Vegan Alcohol (for cooking and special occasions!)

Frommars' [Vegan Wine Guide](#)

Barnivore's [Vegan Wine, Beer, and Liquor Guide](#)

VegNews' [Wine](#) & [Beer](#) Guides

[Vegan Sommelier](#)

Food/Health Products & Services

Natural Food Home Delivery

[Frontier Natural Brands](#)

[Gold Mine Natural Foods](#)

[Jaffe Bros. Natural Foods](#)

Wheatgrass and Sprouting Resources

[Perfect Foods](#)

[Wheatgrass Central](#)

[Sproutman](#)

Vegan & Natural Foods Online Stores

[Vegan Essentials](#)

[Vegan Store](#)

[Food Fight Grocery](#)

[Maine Coast Sea Vegetables](#)

[Navitas Naturals](#)

Kitchen Tools

Juicer: [Breville Ikon Multi-Speed](#), [Omega](#), [Hurom](#)

Blender: [Vitamix](#)

Dehydrator: [Excalibur](#)

Non-stick cookware: [Greenpan](#)

Cast iron skillet: [Lodge](#)

Mandoline: [Joyce Chen](#)

Bamboo steamer: [Joyce Chen](#)

Spiralizer: [Saladacco](#) or [World Cuisine](#)

Food Websites & Blogs

Vegan Websites & Resources

[Choose Veg](#)

[Farm Sanctuary](#)

[Woodstock Farm Animal Sanctuary](#)

[Catskill Animal Sanctuary](#)

[Happy Cow](#)

[Physicians Committee for Responsible Medicine](#)

[Humane Society of the United States](#)

[T. Colin Campbell](#)

[The Vegetarian Resource Group](#)

[Vegan MD](#)

[VegNews](#)

[Vegetarian Times](#)

Vegan Food Blogs

[Chef Chad Sarno](#)

[Choosing Raw](#)

[Corinne Bowen](#)

[Kristen's Raw](#)

[Oh She Glows](#)

[Vegan Dad](#)

[Vegan Yum Yum](#)

[Happy. Healthy. Life.](#)

[Chocolate Covered Katie](#)
[Post Punk Kitchen](#)
[Fat Free Vegan Kitchen](#)
[Vegan Lunch Box](#)
[Manifest Vegan](#)

Gluten-free Websites

[Celiac Chicks](#)
[Celiac Disease Foundation](#)
[The Gluten-Free Casein-Free Diet](#)

Books

Veganism

[Becoming Vegan](#) by Brenda Davis, R.D.
[Crazy Sexy Diet](#) by Kris Carr
[The 30-Day Vegan Challenge](#) by Colleen Patrick-Goudreau
[Living Vegan for Dummies](#) by Alexandra Jamieson
[Veganist](#) by Kathy Freston

Cookbooks

[The Candle 79 Cookbook](#) by Joy Pierson, Angel Ramos, and Jorge Pineda
[The Conscious Cook](#) by Tal Ronnen
[More Great Good Dairy-Free Desserts Naturally](#) by Fran Costigan
[Horizons Cookbook](#) by Rich Landau and Kate Jacoby
[Crazy Sexy Kitchen](#) by Kris Carr with Chef Chad Sarno
[Blissful Bites](#) by Christy Morgan
[Veganomicon](#) by Isa Chandra Moskowitz and Terry Hope Romero
[Color Me Vegan](#) by Colleen Patrick-Goudreau
[The Complete Guide to Vegan Food Substitutions](#) by Celine Steen and Joni Marie Newman

Raw Food

[Raw Food Real World](#) by Sarma Melngailis and Matthew Kenney
[Ani's Raw Food Kitchen](#) by Ani Phyo
[Living on Live Food](#) by Alissa Cohen
[Becoming Raw](#) by Brenda Davis, R.D.
[Healthful Cuisine](#) by Anna Marie Clement, Ph.D. and Chef Kelly Serbonich
[Conscious Eating](#) by Gabriel Cousens, M.D.

pH & GI

[GI Handbook](#) by Barbara Ravage
[The Acid-Alkaline Diet for Optimum Health](#) by Christopher Vasey, N.D.
[The Ultimate pH Solution](#) by Michelle Schoffro Cook
[The pH Miracle](#) by Robert Young, Ph.D. and Shelley Redford Young

Health Challenges

[Dr. Neal Barnard's Program for Reversing Diabetes](#) by Neal Barnard, M.D.

[The Spectrum](#) by Dean Ornish, M.D.

[Blood-Sugar Solution](#) by Mark Hyman, M.D.

[Crazy Sexy Cancer Tips](#) by Kris Carr

[Crazy Sexy Cancer Survivor](#) by Kris Carr

[Meals That Heal Inflammation](#) by Julie Daniluk, R.H.N.

[Prevent and Reverse Heart Disease](#) by Caldwell Esselstyn, Jr., M.D.

[Life Over Cancer](#) by Keith Block, M.D.

[Healing the New Childhood Epidemics](#) by Kenneth Bock, M.D.

[Eat to Live](#) by Joel Fuhrman, M.D.

[Breaking the Food Seduction](#) by Neal Barnard, MD

Detox

[Clean](#) by Alejandro Junger, M.D.

[Revive](#) by Frank Lipman, M.D.

[Crazy Sexy Diet](#) by Kris Carr

[Quantum Wellness Cleanse](#) by Kathy Freston

Digital Cookbooks

[Eat Awesome](#)

[Crazy Sexy Juices & Succulent Smoothies](#)

[VegNews Holiday eCookbook](#)

[Kristen's Raw Recipe Books](#)

[Tiny Treats](#)

Brands I Love

Non-Dairy & Egg-Free Delights

- ♥ Follow Your Heart Vegenaize (Non-Dairy Mayo)
- ♥ Follow Your Heart "Cream Cheese"
- ♥ Follow Your Heart "Sour Cream"
- ♥ Earth Balance (Non-Dairy Butter)
- ♥ Daiya (Non-Dairy Cheese)
- ♥ Teese (Non-Dairy Cheese)
- ♥ Dr. Cow (Non-Dairy Fancy Cheese)
- ♥ Eat in the Raw "Parmesan"
- ♥ So Delicious Coconut Milk Creamer
- ♥ Wildwood Soymilk Creamer
- ♥ Bob's Red Mill Egg Replacer
- ♥ Ener-G Egg Replacer

Protein Powerhouses

- ♥ Lightlife Tempeh
- ♥ Gardein Faux Meat Line
- ♥ Field Roast Faux Meat Line
- ♥ Sunshine Veggie Burgers
- ♥ Amy's Veggie Burgers
- ♥ Wildwood Tofu
- ♥ Nasoya Tofu
- ♥ Eden Beans

Swell Sweeteners

- ♥ Sweetleaf Stevia
- ♥ Lakanto
- ♥ Navitas Naturals Yacon syrup

Gluten-Free Faves

- ♥ Tinkyada Pasta
- ♥ Bob's Red Mill Flour
- ♥ Sea Tangle Kelp Noodles
- ♥ Ancient Harvest Quinoa Pasta
- ♥ Eden Foods Buckwheat Soba Noodles
- ♥ Brown Rice Crackers (Sesmark, San-J, Edward & Sons)
- ♥ Food for Life Breads and Wraps
- ♥ Amy's Pizza
- ♥ San-J Tamari (Gluten-Free Soy Sauce)

Seasonings + Condiments

- ♥ Spice Hunter Spice Blend
- ♥ Herbamare Sea Salt and Herb Blend
- ♥ Bragg's Liquid Amino Acids
- ♥ Celtic or Himalayan Sea Salt
- ♥ Zip Salt-Free Spice Blend
- ♥ San-J Shoyu (Soy Sauce)

Superfoods

- ♥ Navitas Naturals Cacao Powder and Nibs
- ♥ Healthforce Spirulina
- ♥ Healthforce Chlorella
- ♥ Vega Protein Powder
- ♥ Amazing Grasses Green Superfood Powder
- ♥ E3 Live