



# News

## 10 Plant-Based Podcasts to Add to Your Playlist

by PlantPure Team February 27, 2017

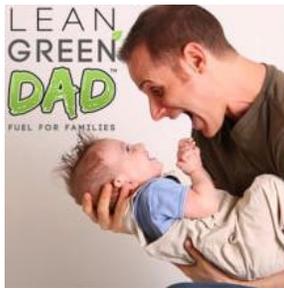


### 1.) The Plant Yourself Podcast



Howard Jacobson, a plant-based health speaker, educator, and coach, interviews “guests who are healing the world in various ways. From plant-based nutrition to joyful movement, to evidence-based healthcare, to gardening, to environmental action, to social justice, to spiritual common sense.”

### 2.) Lean Green DAD



Corey Warren is “a husband, father of three, and whole food, vegan athlete.” Weekly discussions are focused “on the areas of plant-based nutrition, fitness, parenting and overall wellness

### 3.) No Meat Athlete Radio



Matt Frazier talks “vegan fitness with Rich Roll, Colleen Patrick-Goudreau, Leo Babauta, Jeff Sanders, Chef AJ, Brendan Brazier, Mike Arnstein, Sid Garza-Hillman, Robert Cheeke, plus more vegan & vegetarian nutrition, fitness, running, and ultra running.”

### 4.) Live Planted – Practical Vegan Living



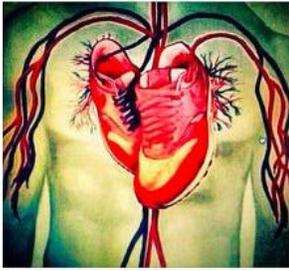
“A weekly podcast about living a practical vegan lifestyle. Alyssa, the show’s host is a Midwestern girl who felt the need to create a space based on living a plant-based life in the easiest way possible.”

### 5.) Main Street Vegan



“*Main Street Vegan* is a lively hour devoted to your health, well-being, and ways to live lightly and lovingly on planet Earth. Host Victoria Moran will entertain you each week with the latest on the vegan life—it’s not just for celebrities and moguls, but for the guy and gal on Main Street who want to look and feel amazing, eat extraordinary food, help animals, and create a physical body perfect  PlantPure Points spiritual growth.”

## 6.) Jami Dulaney MD Plant Based Wellness



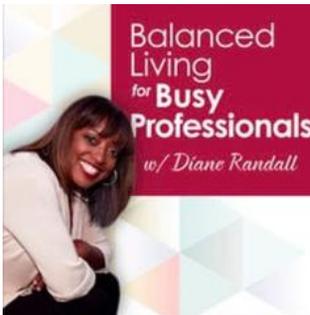
Jami Dulaney is “a plant-based Cardiologist and endurance athlete passionate about promoting health and wellness.”

## 7.) Food for Thought



Author and speaker Colleen Patrick-Goudreau “addresses all aspects of eating and living compassionately and healthfully.”

## 8.) Balanced Living for Busy Professionals



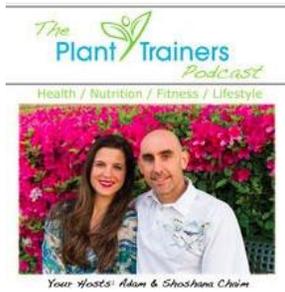
“A podcast hosted by Diane Randall, MA- Whole Living Expert covering topics of life balance, self care, self help, health, fitness, mindfulness, plant-based nutrition, and much more to give you the best inner tools and strategies with small, actionable steps that sustain real change even with the busiest schedule.”

## 9.) Mark Dillon's Plant-Based Conversations



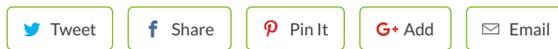
“A podcast all about vegan food with a nonjudgmental approach. Whether you want to occasionally eat a vegan, plant-based meal or you currently eat exclusively vegan, you will hear from authors, chefs, celebrities and others who want to inspire you to  PlantPure Points vegan food.”

## 10.) The Plant Trainers Podcast



"Whether you're vegetarian, vegan, plant-based, omni, a runner, into triathlon, ultra-marathon or ready to get off the couch, this podcast will help you along your path. Adam Chaim & Shoshana Chaim, The Plant Trainers interview top experts in nutrition & fitness such as Rich Roll, Dr. Esselstyn, Julieanna Hever, Michael Greger M.D., Dr. Garth Davis, Chef A.J., Dr. Tom Campbell, Robert Cheeke, No Meat Athlete and so many more."

The post 10 Plant-Based Podcasts to Add to Your Playlist appeared first on PlantPure Nation.



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## Also in News

### A Testimonial From PlantPure Challenge Winner Sharyn Council

by BOLD SUPPORT October 28, 2017

"I've been a strict vegan for many years, and at first I lost a lot of weight. Then over the past few years, my weight crept back up 197lbs to be exact. So I'm struggling along using my fitness pal counting every calorie. Losing weight was such a struggle..."

### A Testimonial From PlantPure Challenge Winner Richard Hubbard

by PlantPure Team October 10, 2017

"I lost 150 pounds and have kept it off for almost 5 years now. Initially, I lost the weight because I did not want to be put on blood pressure medication. This helped me learn about what foods I put in my body and what foods to avoid eating in my quest to lower my blood pressure..."

### The Protein-Combining Myth

by Laura Dietrich October 06, 2017

Recently, my daughter received all of her textbooks before heading off to college this fall. A required class for first year students is Health. She started reading through the book and was surprised that they said to approach a plant-based diet with 'caution' because you had to watch your nutrients very closely. They also referred to the "importance of combining vegetarian proteins during a meal to get a complete protein." The amazing thing is that this book was published in 2015!

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Thank you. We will get back to you soon