



Uta's recommended **books, podcasts and recipe sites** to help you make healthy food and lifestyle choices and get you started on your journey.

BOOKS

1. Why We Eat (too much) - Dr. Andrew Jenkinson
2. Feel Great Lose Weight - Dr. Rangan Chatterjee
3. The Pegan Diet: 21 Practical Principles for Reclaiming Your Health - Dr. Mark Hyman
4. The Food Medic for Life - Dr Hazel Wallace
5. The Primal Blueprint - Mark Sisson

PODCASTS

1. Feel Better, Live More - Dr Rangan Chatterjee

Start with these episodes:

[When To Eat](#)

[Eating Real Foods](#)

2. The Ultimate Health Podcast

Start with this episode: [6 Pillars Of Health](#)

3. The Food Medic - Dr Hazel Wallace

RECIPE SITES

[Diet Doctor](#)

[Super Salad Bar](#)

[The Food Medic](#)

[BANT Recipes](#)