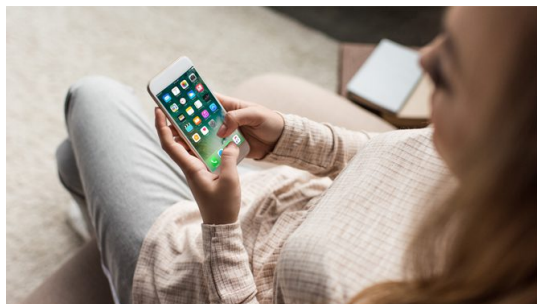
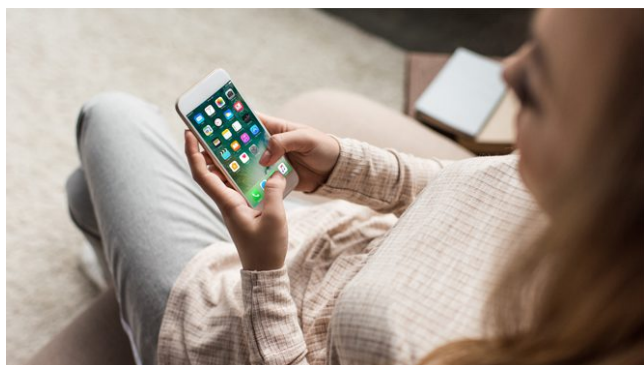




27 Whole-Food, Plant-Based Experts You Should Follow on Instagram

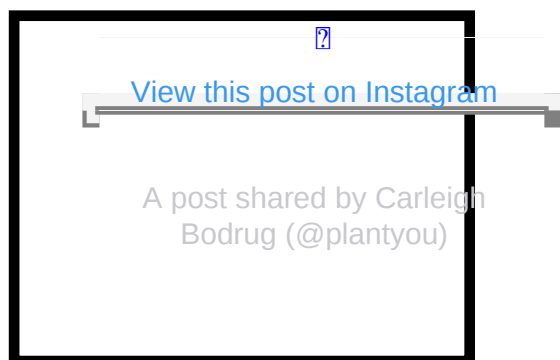
By Megan Edwards
2022-03-16 11:02:33



Add healthy inspiration to your social media feed with fresh content from some of our favorite whole-food, plant-based experts. Whether you're looking to liven up your recipe rotation or stay in the loop on the latest scientific research, we've rounded up the best Instagram accounts to follow that will inspire you to stick by your whole-food, plant-based diet.

Carleigh Bodrug

Best-selling cookbook author and creator of the wildly successful [PlantYou](#) blog, Carleigh Bodrug is all about simple, fresh, and delicious recipes. Bodrug is known for her “scrappy” social media videos where she teaches viewers how to transform common kitchen scraps into totally delicious meals. The vast majority of her recipes are oil-free and are approachable for plant-based beginners so you never feel intimidated by a long list of confusing ingredients.



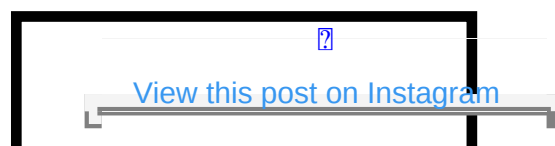
Dr. Judy Brangman

Also known as [the Plant-Based MD](#), Judy Brangman, MD, is a holistic internal medicine physician dedicated to preventing and reversing chronic disease through lifestyle medicine. The key factor in her clinical approach? A whole-food, plant-based diet. Her Instagram posts answer frequently asked questions about transitioning to a vegan diet and how to incorporate other healthy lifestyle changes to access the most radiant version of yourself.



Dreena Burton

With 25 years of experience under her belt as a vegan recipe creator, [Dreena Burton](#) serves up seriously tasty recipes that will inject new life into your cooking. She's known for using unexpected ingredients in her dishes (e.g., sweet potatoes in a chocolate cake) to impart delicious textures and mouthwatering flavors that will satisfy even the most staunch meat lovers. Apart from being a plant-based superstar, Burton is also a [yoga](#) teacher who is passionate about living kindly and combines her deep knowledge of nutrition with mindfulness practices in her social media posts.



(continued)

27 Whole-Food, Plant-Based Experts You Should Follow on Instagram

By Megan Edwards
March 16 2022

A post shared by Dreena Burton
(@dreenaburton)

[View this post on Instagram](#)

A post shared by A
(@_rriisseshinecook)

Torre Washington

Plant-based bodybuilder [Torre Washington](#) posts all the workout inspiration you could ever need. Vegan since 1998, Washington has won multiple bodybuilding competitions with his healthy plant-based approach to fitness. His positive outlook on life and go-getter attitude draws thousands of social media followers who are looking to get shredded without animal products. [His website](#) features nutrition guides for athletes, training plans, and vegan-inspired gym apparel.

[View this post on Instagram](#)

A post shared by Torre Washington IFBB Pro
(@torre.washington)

[View this post on Instagram](#)

A post shared by
NutritionFacts.org
(@nutrition_facts_org)

Ashley Madden

Recipe developer, food photographer, and holistic nutritionist [Ashley Madden, B.Sc.\(Pharm\), ACPR, CHNC](#), brings her A-game to Instagram with beautiful pictures of her whole-food, plant-based dishes. She discovered the amazing health benefits of a WFPB lifestyle after being diagnosed with multiple sclerosis in her 20s, and she imparts the wisdom she's learned along the way in her posts. And while the stunning visuals might draw you in, Madden's recipes will keep you returning to her feed for delicious new ideas. All her scrumptious shares are oil-free, and the full version of recipes can be found on her blog [Rise Shine Cook](#).

Dr. Michael Greger

Founder of the acclaimed website [NutritionFacts.org](#), Michael Greger, MD, FACLM, is the best-selling author of *How Not To Die* and *How Not to Diet*. His approach to reversing chronic disease through a plant-based diet has changed thousands of lives, and his Nutrition Facts Instagram account offers updates on the latest scientific research regarding health and nutrition.

[View this post on Instagram](#)

A post shared by
NutritionFacts.org
(@nutrition_facts_org)

Brandi Doming

Brandi Doming's stress-free recipes are flavorful, filling, and oh-so-simple, using just eight ingredients or fewer—hence her handle's name, The Vegan 8. All the dishes she shares on social media or [her blog](#) are oil-free and avoid [highly processed vegan foods](#) like fake cheese and meat substitutes. Apart from spreading her knowledge of tasty, simple food, Doming loves to share fitness tips and support women on their journey to better health.

[View this post on Instagram](#)

A post shared by Brandi Doming

(continued)

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By Megan Edwards
March 16, 2022

| The Vegan 8 (@thevegan8)

[View this post on Instagram](#)

A post shared by Chef AJ
(@therealchefaj)

Drs. Dean and Ayesha Sherzai

Husband-and-wife duo [Dean Sherzai, MD, PhD, MPH, and Ayesha Sherzai, MD](#), are award-winning neurologists, researchers, and directors of the Alzheimer's Prevention Program at Loma Linda University Medical Center. Their approach to a whole-food, plant-based diet is all about fortifying the brain as you age and preventing cognitive decline. Follow them for engaging Q&As, yummy recipes, and all the latest evidence-based findings on how to keep your brain in tiptop shape.

[View this post on Instagram](#)

A post shared by Drs. Ayesha &
Dean Sherzai, MD, PhD, MPH,
MAS (@thebraindocs)

Chef AJ

Chef AJ is a staple in the whole-food, plant-based community, so make her a staple on your IG feed as well! A weight-loss expert, [cookbook author](#), culinary instructor, and host of the weekly YouTube show [Chef AJ Live](#), her four-plus decades of experience shine through in all the content she creates. If you're looking for helpful and sustainable tips on how to lose weight while still eating delicious meals, Chef AJ is the woman to follow.

Dr. Qadira Ali Huff

Pediatrician and lifestyle medicine practitioner [Qadira Ali Huff, MD](#), is a powerhouse when it comes to helping families thrive on a plant-based diet. Apart from her primary care practice, Huff started [Sprouting Wellness](#), which offers virtual education sessions to help parents cultivate a culture of wellness at home. Her Instagram account is a great resource for anyone with young children who wants to improve the quality of their family's lives through easy-to-implement lifestyle changes.

[View this post on Instagram](#)

A post shared by Plant-Based
Mama Doc (@qadirahuffmd)

Kristen Hong

Think of Kristen Hong as the Marie Kondo of the WFPB kitchen. She posts incredible photos of her impeccably [organized fridge](#), which is packed with Mason jars and Tupperware containers in every color of the rainbow. Hong is a self-proclaimed [nutritarian](#), which means all her whole-food, plant-based recipes center on nutrient-dense ingredients to power your body and your mind. Follow her for yummy recipes, meal-prep tips, and jaw-dropping fridge inspiration.

[View this post on Instagram](#)

A post shared by Kristen Hong

(continued)

27 Whole-Food, Plant-Based Experts You Should Follow on Instagram

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March 16 2022

(@hellonutritarian)

Dr. Neal Barnard

One of the biggest names in the plant-based world, [Neal Barnard, MD, FACC](#), is the founder of the [Physicians Committee for Responsible Medicine](#). He's led numerous groundbreaking studies on the impacts of a healthy vegan diet on chronic diseases and authored dozens of books and articles on the importance of nutrition in preventive medicine. On Instagram, Barnard relays fascinating info on plant-based nutrition; busts common myths around eating vegan; and shares other resources that can help you along your journey toward better health.



[View this post on Instagram](#)

A post shared by Neal Barnard,
MD (@drnealbarnard)

Cleodia Martinez

Originally from the Philippines, cookbook author [Cleodia Martinez](#) creates whole-food, plant-based versions of traditional Filipino dishes to honor her cultural roots. Her strong belief that food is medicine shines through in all her social media posts and she makes it a point to never skimp on flavor even when veganizing dish that are typically packed full of animal products. No matter your cultural background, Martinez's delicious recipes and holistic outlook on health will add a hearty dose of inspiration to your IG feed!



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March 16 2022

[View this post on Instagram](#)

A post shared by Cleodia
Martinez (@cleodia)

is full of helpful tips about maintaining a healthy gut, recipe recommendations, and the latest research that supports a plant-based plate.

[View this post on Instagram](#)

A post shared by Will Bulsiewicz
MD MSCI (Dr B)
(@theguthealthmd)

Dr. Caldwell Esselstyn, Jr.

Dr. Caldwell Esselstyn, Jr., MD, is a pioneer in using nutrition as medicine and has been following a whole-food, plant-based diet since 1984. Prominently featured in the [Forks Over Knives](#) documentary, Esselstyn's groundbreaking research has helped thousands of people reverse debilitating health issues such as heart disease and Type 2 diabetes. On Instagram, the *New York Times* bestselling author shares news about nutrition research, upcoming WFPB conferences, healthful plant-based meal ideas, and more.

[View this post on Instagram](#)

A post shared by Caldwell B.
Esselstyn, Jr., MD
(@dresselstyn)

Dr. Columbus Batiste

Columbus Batiste, MD, FACC, FSCAI—also known as [the Healthy Heart Doc](#)—has made it his mission to educate as many people as possible about increasing their lifespans and reversing chronic disease through lifestyle medicine. In addition to promoting a whole-food, plant-based diet, the renowned cardiologist is an expert on how sleep, physical exercise, and gratitude play important roles in our overall health. He frequently posts about podcasts, conferences, and cutting-edge research on reversing chronic disease.

[View this post on Instagram](#)

A post shared by Columbus
Batiste (@healthyheartdoc)

Dr. Will Bulsiewicz

Down-to-earth gastroenterologist [Will Bulsiewicz, MD, MSCI](#), is all about achieving better health by paying special attention to what you feed your gut. After losing 45 pounds on a plant-based diet, he started working with his patients on their nutrition and saw incredible improvements or reversals of previously debilitating gut-related illnesses. The *Fiber Fueled* and *The Fiber Fueled Cookbook* author's IG feed

Katie Simmons

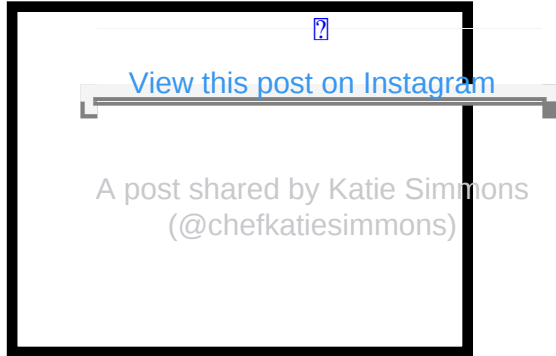
Chicago-based personal chef [Katie Simmons](#) draws upon her world travels and culinary training in developing nourishing whole-food, plant-based recipes. Her social media feed features tons of tasty dishes that use pantry staples so you don't have to splurge on expensive items or go to five different stores to make a delicious meal. Apart from her professional services as a vegan caterer, Simmons shares free recipes, advice for plant-based newbies, and stories about her global adventures on her

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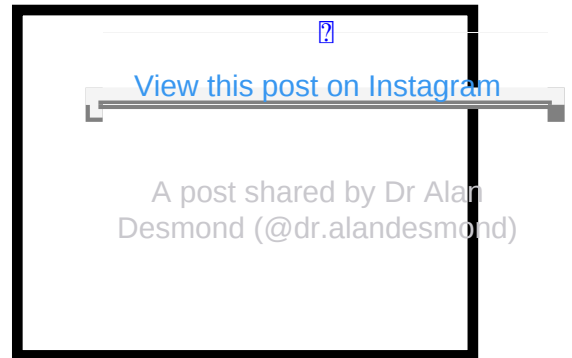
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blog, [Plants-Rule](#).

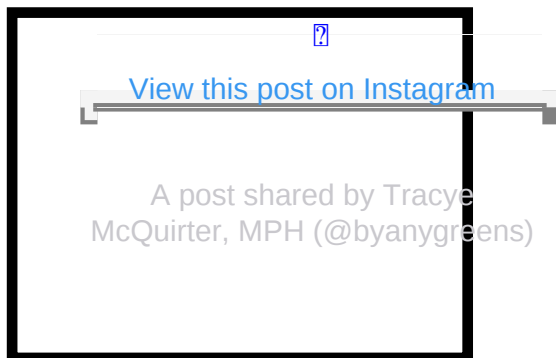


confusing scientific jargon into easily digestible summaries. Apart from the science, Desmond also posts recipes from his best-selling book [The Plant-Based Diet Revolution](#) to inspire followers with crave-worthy meals that make ditching animal products a no-brainer.



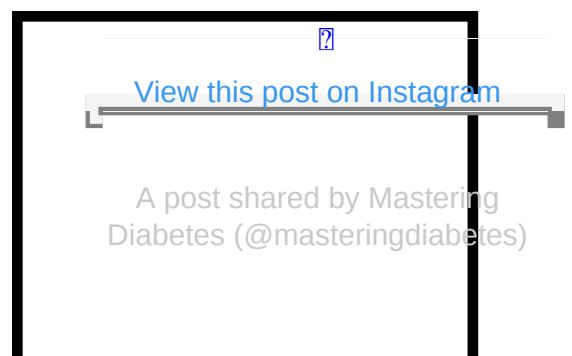
Tracye McQuirter

Award-winning public health nutritionist, best-selling author, and plant-based coach Tracye McQuirter, MPH, is dedicated to helping people navigate a vegan lifestyle with ease. She founded the [10 Million Black Vegan Women Movement](#) as a way to bring more generational health into the African American community. McQuirter uses her social media to highlight her favorite plant-based recipes, other Black vegan cookbook authors, and evidence-based information on how a plant-based diet can help you age with ease.



Mastering Diabetes

[Cyrus Khambatta, PhD](#), and [Robby Barbaro, MPH](#), are the co-founders of [Mastering Diabetes](#), a coaching program that helps people with all forms of diabetes lower their A1C levels and reverse insulin resistance with a whole-food, plant-based diet. Khambatta and Barbaro are both living with Type 1 diabetes and thriving on a low-fat, plant-based diet that emphasizes whole foods. Follow their page to get the scientific scoop on how insulin resistance works, unlearn common myths surrounding diabetes, and discover delicious meals that will promote lasting health.



Dr. Alan Desmond

Alan Desmond, MB, BCh, BAO, BMedSc, is a British gastroenterologist, general physician, and outspoken advocate for using a plant-based diet to heal chronic illnesses. On Instagram he shares the latest research on how plants can be used as medicine and breaks down

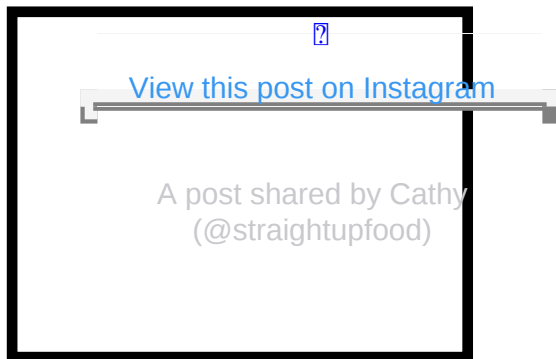
Cathy Fisher

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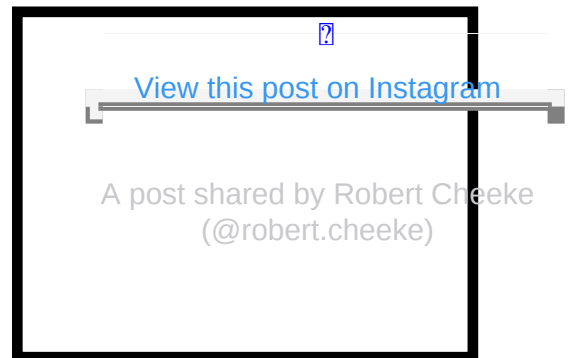
By Megan Edwards
March 16 2022

As a culinary instructor for two of the country's leading lifestyle medicine centers, the McDougall Program and TrueNorth Health Center, [Cathy Fisher](#) is an expert on making a whole-food, plant-based lifestyle enjoyable and sustainable for everyone. She cooks without oil or refined sugar, and many of her dishes are also gluten-free. Check out her Instagram to find tantalizing recipes, quick kitchen hacks, and science-backed tips on how to take control of your health by recognizing the power of your plate.



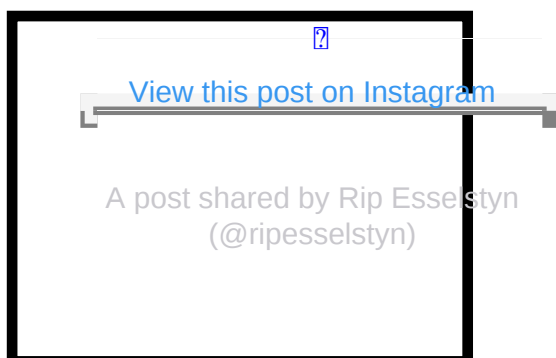
Robert Cheeke

[Robert Cheeke](#), co-author of the best-selling *The Plant-Based Athlete* and founder of the [Vegan Bodybuilding & Fitness](#) website, has grown his social media following over the years with his sunny disposition and his expertise on vegan fitness. From motivational workout content to his favorite plant-based cookbooks, the accomplished vegan bodybuilder shares candid moments of his life that leave you feeling encouraged to take charge of your health and happiness.



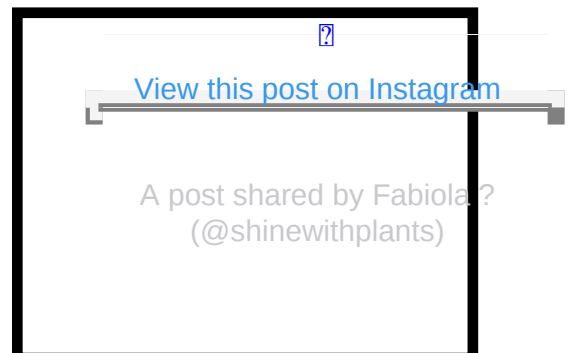
Rip Esselstyn

If you've seen the [Forks Over Knives](#) documentary, then you probably recognize Rip Esselstyn, the firefighter who introduced his entire team to the undeniable benefits of a plant-based diet. Esselstyn wrote the best-selling book *The Engine 2 Diet* and is the founder of [Plantstrong](#), an organization that empowers people to take control of their health through a conscious vegan lifestyle. His humor, kindness, and expertise shine through on social media, where he shares an assortment of easy recipes, podcast snippets, and glimpses into his personal life.



Fabiola

Plant-based YouTuber Fabiola is known for her colorful, creative, and inspirational posts showcasing the delicious plant-based meals she cooks up in her beautiful kitchen. Her entire family—including her husband and two young children—is vegan, and she frequently shares tips and tricks on how to make a vegan lifestyle work for your family. If you're searching for more content on how to raise healthy kids, her [Shine With Plants](#) YouTube channel has some great information for parents beginning their plant-based journey.



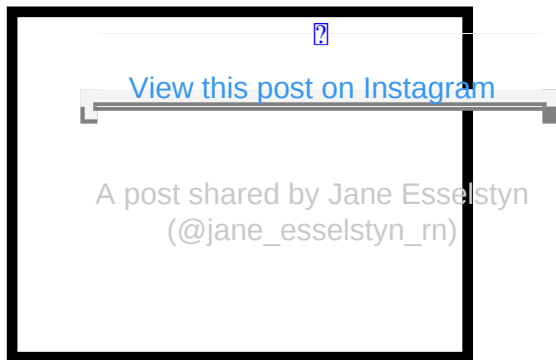
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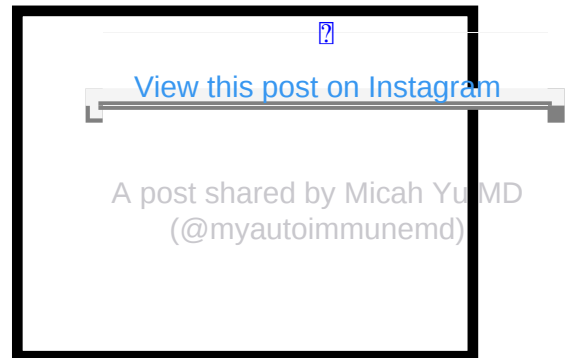
Jane Esselstyn

Want to add a big dose of sunshine to your feed? Follow wellness instructor and plant-based cookbook author Jane Esselstyn, RN. Collaborating with her mother, Ann, Jane frequently shares easy-to-make recipes for meals, snacks, and desserts that are equal parts nutritious and delicious. The two are energetic and engaging, and their positivity is contagious.



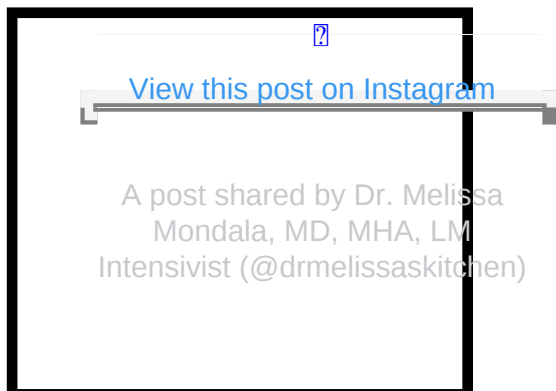
Dr. Micah Yu

In upbeat, engaging Instagram posts, rheumatologist Micah Yu, MD, shares easy-to-understand breakdowns of the mechanisms behind autoimmune diseases; scientifically backed tips for reducing inflammation; inspiring success stories from patients; and more. Whether you suffer from an autoimmune disease or not, Dr. Yu's account offers a wealth of fascinating information highlighting the links between diet and disease.



Dr. Melissa Mondala

Melissa Mondala, MD, discovered the power of nutrition firsthand, when she adopted a plant-based diet and saw her IBS symptoms recede and mental health improve. She's been a vocal proponent of plant-based nutrition ever since, educating her patients and her social media followers on the gut-brain connection and the importance of eliminating highly processed foods. Follow her for colorful, insightful infographics on health and nutrition and easy recipes to fuel a healthy gut and mind.



Whether you're brand-new to plant-based eating or simply want to add some tasty new vegan recipes to your repertoire each week, check out [Forks Meal Planner](#), FOK's easy weekly meal-planning tool to keep you on a healthy vegan path. To learn more about a whole-food, plant-based diet, visit our [Plant-Based Primer](#).