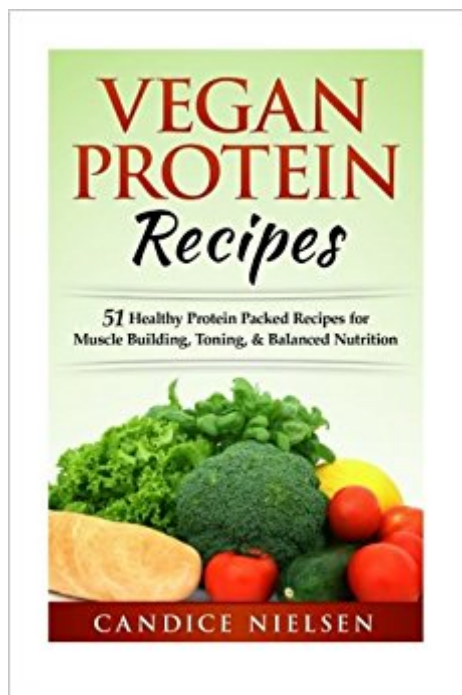


The book was found

Vegan Protein Recipes: 51 Healthy Protein Packed Recipes For Muscle Building, Toning, & Balanced Nutrition



Synopsis

Vegans Can't Get Protein? Biggest B.S...51 Delicious Recipes... Starting a Vegan Diet? Concerned about protein intake? Want to maintain your muscle? Into bodybuilding or other physical sports? Don't know where to begin? Look no further, "Vegan Protein Recipes: 51 Healthy Protein Packed Recipes for Muscle Building, Toning, & Balanced Nutrition", is Your Book. Inside the book we discuss the main Vegan protein sources then we jump right in, providing you with 51 high protein recipes! The recipes are divided into mealtimes: breakfast, lunch, dinner. We also provide customizable meals to get you going, and more... Secure Your Copy Today

Book Information

Paperback: 80 pages

Publisher: CreateSpace Independent Publishing Platform (August 22, 2015)

Language: English

ISBN-10: 1517006430

ISBN-13: 978-1517006433

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.1 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #761,329 in Books (See Top 100 in Books) #106 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#)

Customer Reviews

Not a big fan of word protein. Plant based proteins are healthier and compassionate than animal based, so I love plant based proteins. I have been following a whole food plant based diet with great results for multiple years. Recently I went to my local library and checked out bunch of vegan books based on multiple recommendations including here. I picked out books that have good overview and nice recipes for good meal plans. This book definitely has good recipes/overviews for a plant based lifestyle. Spicy and Tasty! I try to cut down oil also as much as possible and adapt the recipes. My reading list for anyone interested in this lifestyle is Reading Set: 1. Dr. Thomas Campbell, MD and Dr. T. Colin Campbell, PhD: The China Study: The Most Comprehensive Study of Nutrition Ever Conducted And the Startling Implications for Diet 2. Dr. Caldwell B. Esselstyn Jr., PhD Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure 3. Dr. Garth Davis, MD: Proteinaholic: How Our Obsession with Meat Is Killing Us and What We Can Do About It 4. Dr. John A. McDougall, MD: The Starch Solution: Eat the Foods You Love, Regain Your Health,

and Lose the Weight for Good!5. Dr. Michael Greger, MD and Gene Stone: How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease (to be released in Dec 2015)6. Dr. T. Colin Campbell, PhD and Howard Jacobson: Whole: Rethinking the Science of Nutrition7. Gene Stone, Forks Over Knives: The Plant-Based Way to Health8. Dan Buettner, The Blue Zones Solution: Eating and Living Like the World's Healthiest People9. Rich Roll: Finding Ultra: Rejecting Middle Age, Becoming One of the World's Fittest Men, and Discovering Myself10. Dr.

[Download to continue reading...](#)

Vegan Protein Recipes: 51 Healthy Protein Packed Recipes for Muscle Building, Toning, & Balanced Nutrition The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan

Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Ultimate Facercise: The Complete and Balanced Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Glycemic Load Diet: Top 50 Low Glycemic Recipes Packed With Fiber And Protein-Lose Unwanted Pounds And Keep Your Blood Sugar Balanced Effortlessly Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) DIY Protein Bars Cookbook: Easy, Healthy, Homemade No-Bake Treats That Taste Like Dessert, But Just Happen To Be Packed With Protein!

[Dmca](#)