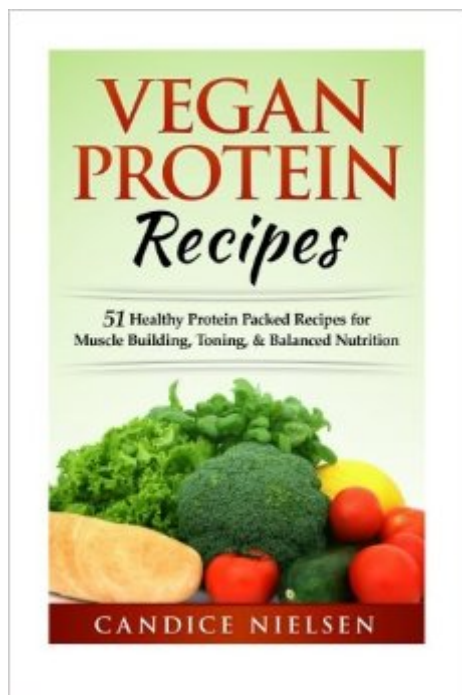


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# Vegan Protein Recipes: 51 Healthy Protein Packed Recipes For Muscle Building, Toning, & Balanced Nutrition



## 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

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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.

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