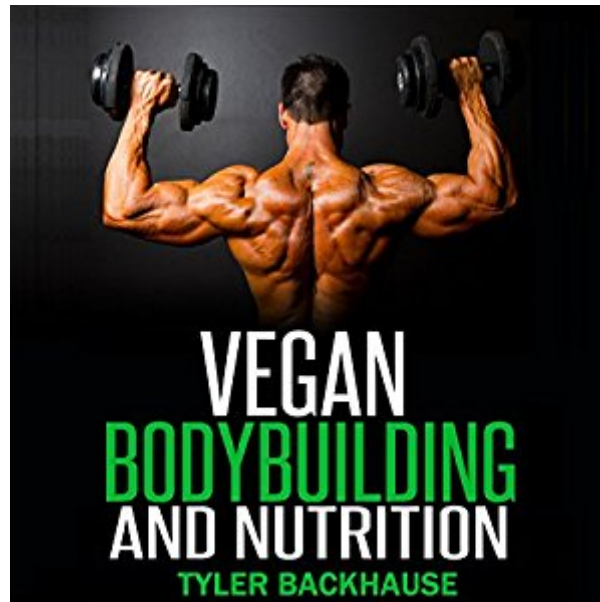




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# Vegan Bodybuilding And Nutrition



## Synopsis

Veganism and bodybuilding are not two words often paired together, but it can be done. One of the most common questions vegans are asked is "Where do you get your protein?", a necessary part of any bodybuilders diet. Vegan Bodybuilding and Nutrition was written to answer questions as such. Here is what you can expect from this book: A concise discussion about the vegan diet, including the health benefits and the concerns Tips on how to become a better vegan bodybuilder and overall athlete The knowledge needed to equip you for a long-term commitment to a vegan diet without compromising your bodybuilding goals Fifteen vegan recipes that you can use to help you with your muscle building and fat burning goals. There is no better way to kick-start your transformative journey than to embrace the vegan revolution and rely on it to power your athletic and bodybuilding goals. Whether you are new or old to veganism or bodybuilding, this book will help you find your way to reaching your goals.

## Book Information

Audible Audio Edition

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in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

The book is filled with facts - surprising and at the same time inspiring. I never had imagined that the one who holds the record for the most number of Triathlon championships is a vegan! I have learnt a few good and mouth-watering vegan recipes too. These are not only protein-rich but also labelled with all the nutritional information. This is the book to go for all those lean muscle builders. It has got many recipes for anyone who are not into bodybuilding too.

I should have read more review before buying, all I seen was the highlighted 5 star book reviews which I think now are clearly fake. One other person said it well "seems to be more of a coloring book" The font is big enough my 4 year old can read it. The book is less then 50 pages. Over have of which are recipes. No good knowledgeable info. Waste of MoneyThe 5 star review's. --Must be paid reviewers. No way this book should get anything better then one star.

This so called book is a joke. It is the size of a magazine with only 15 pages of information and that is being generous because several of those pages were only a few lines. The rest of the 45 pages are recipes and blank pages. I was so angry I called immediately and requested a refund. This is so not worth 10 dollars. Maybe 99 cents from kindle but that is it. In fact I have free kindle books that have more substance.

Short book, leaves you wanting more information. I do like the 15 recipes in the back

Very few pages and almost no information contained in any of them. It seemed like the purpose of the book was to write it as quickly as possible and at as low a cost as possible just to bring some sort of product out. I wouldn't waste any money on it.

Very little content, amateurish presentation. You could do a brief online search for a few articles on vegan bodybuilding and nutrition and get more than you'll find in this book.

Swell book! Great for someone considering a move to veganism or weightlifting.

Not what I expected. For ten dollars it isnt bad but you can find all of these recipes online.

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Book 1) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) 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,) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) 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) Dessert Vegan Box Set 2 in 1: 150+ Ice Cream Vegan and Chocolate Plant-Based Vegan Recipes that are Dairy Free for Easy Rapid Weight Loss for Beginners ... crockpot and cast iron; vegan bodybuilding) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Essential Bodybuilding Cookbook: 150 Healthy, Simple & Delicious Bodybuilding Recipes To Meet Your Every Need (The Healthy Bodybuilding Cookbook Series) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) 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)

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