





The Vegan Bean Cookbook

High Protein Vegan

Nutrition Guide With 90+ Delicious Recipes (Including 30-Day Meal Plan)

Vegan, Gluten-Free, Oil-Free Recipes for Lifelong Health

The No Meat Athlete Cookbook

200 High Protein Recipes to be Muscular and Plant-Based Diet Meal Plans for Beginners (2 in 1 Collection with Pictures)

65 Healthy & Delicious Plant-Based Ketogenic Recipes: A Keto Diet Cookbook

High-Protein Plant-Based Diet Cookbook

?Are you looking for a sustainable PLANT-BASED HIGH-PROTEIN DIET over time that is not difficult to follow?? ??Would you like to be healthy but eating delicious PLANT-BASED HIGH-PROTEIN food at the same time? ?? ??Congratulations, you're in the right place!??? High-Protein Plant-Based Diet Cookbook - A complete guide for people, who want to obtain a sufficient amount of Healthy Proteins and Important Nutrients with a Plant-Based Regimen & who want to develop new healthy eating habits Athletes and bodybuilders usually think it is very difficult to develop and train their muscles through a vegan diet due to the lack of animal protein. ??But this is wrong!?? Nature is a great healthy source of protein and many plant-based foods have even more protein than meat. Furthermore, this foods contain v?r? l?ttl? Carb?? ??m??r?d t? m?t, th?t, as we know, can elevate ?h?l??t?r?l l?v?l? ?nd ?n?r???? th? r??k ?f a h?rt ?tt??k. This book will clear out these misconceptions and provide more than 50 high protein recipes to fulfill your protein goals while maintaining health. A small taste of what you'll learn in this book: What Is a PLANT-BASED HIGH-PROTEIN DIET? Ways to get protein when you are on a plant-based diet The best methods to eat the right amount of the plant-based protein every day Plant-Based Supplements Specific factors that impact your protein needs The plant-based proteins to intake for muscle building Delicious protein recipes And more... So, what are you waiting for? Scroll up and click the "BUY NOW" button ? Buy the Paperback Version of this Book and get the Kindle version for FREE ? CHOOSE which one you like more? The Book Available in 3 Editions: Kindle Editions Paperback - Full Color Paperback - Black & White Edition Tags: food in high protein, high protein in diet, high protein dieting, high protein diet for beginners, high protein breakfast, high protein foods with low fat, high protein foods with low carbs, low carb high protein foods, vegetables with high protein, high proteins foods, foods with high proteins, high protein plant based cookbook, vegan bodybuilding cookbook, high protein plant based food, high protein plant based diet book, high protein foods, high protein vegan cookbook, high protein vegetarian cookbook, vegan bodybuilding diet, high protein low carb cookbook, high protein plant based, vegan bodybuilding book, high protein vegetarian, high protein vegan diet, high proteins diet, high protein ketogenic diet

Are you an athlete and want to improve your nutrition with a healthier diet, which gives your muscles energy without using animal protein? You are in the right place! Athletes and bodybuilders usually think it is very difficult to develop and train their muscles through a vegan diet due to the lack of animal protein. But this is wrong! Nature is a great healthy source of protein and many plant-based foods have even more protein than meat. Furthermore this foods contain v?r? l?ttl? fat ?? ??m??r?d t? m?t, th?t, as we know, can elevate ?h?l??t?r?l l?v?l? ?nd ?n?r???? th? r??k ?f a h?rt ?tt??k. This book will clear out these misconceptions and provide 100 high protein recipes to fulfill your protein goals while maintaining health. You're about to discover... ..common misconceptions about vegans, and why they are wrong ...why people are concerned about protein on a vegan diet ...why people overestimate the amount of protein required to build muscles. ...why looking lean and ripped does not mean having a healthy body. and of course 101 high protein recipes, that are delicious, easy to prepare and meet your protein needs to become strong and muscular So the Time is NOW! Buy now and enjoy!

Are you a sport beginner or expert, and are you looking for a guide to nutrition, weight loss, and perfecting your body? If yes, then keep reading! The plant-based diet for athletes' cookbook is made just for you! It will take you on a journey towards a better and healthier life! When you start any diet, you usually have an end goal in mind, which serves as motivation. Unlike with most diets, a whole foods plant-based diet is not something you commit to with the mindset that you will only stick to it until that goal is met. It is more of a lifestyle change that will benefit you for years. Having an end goal of losing weight can help you get started, but you need to dive deeper into what will keep you motivated and committed to this lifestyle. Finding a deeper 'why' in terms of what precisely you want to get from this diet will help remind you that you aren't just eating healthy to fit into your skinny jeans but are doing it to have more energy, fewer medical issues, and a better quality of life. Before you begin your journey with a whole food plant-based diet, you need to clearly state why you are doing it and then commit to sticking with your 'why' for the long term. This book covers: Appetizer and Snack Recipes Breakfast, Dessert, and Smoothie Recipes Main Dish Recipes Side and Salad Recipes Vegetable Recipes Soup and Stew Recipes ...And much more Making a lifestyle change is often challenging. Hence, making all these changes all at once can become overwhelming or seem impossible. Instead of trying to dive right into this diet, give yourself time to adjust to the different foods. Ready to get started? Click "Buy Now"!

Are you a vegan bodybuilder, or a vegan athlete in general, struggling finding new recipes that fit your workout backup needs?Are you following a proper high protein vegan diet to sustain your athletic needs, but you feel like you are just eating beans and tofu any given day? If this is you, please keep reading. You are in the right place, looking at the right book. Shortly after I published my book The Vegan Bodybuilder I started receiving lots of compliments from my readers. They all were enthusiastic but reading them I noticed a recurring issue: they were all having a hard time finding new ideas for their meals, and frequently they ended up finding a couple of typical meals and having them every day, with very little variations. This is when Scott Nardella decided to put together a cookbook gathering some of his favourite recipes. Because the issue was real: vegan cookbooks are, generally speaking, oriented to either low calorie diets or just a general average good balanced everyday diet. Which is great, of course, for the average person, it is just not ideal if you have an intense workout routine and the need to increase muscle. If this is you, what you need is a high in protein and varied in foods diet. Yes, varied in foods too. Because even if it may fulfill your calculated macro needs, a diet of only rice, spinach and beans is not that healthy, besides being very boring. You need macronutrients, and you know it, but you also need micronutrients such as minerals and vitamins, and the best and more natural way to get them is to have a varied diet. The Vegan Bodybuilders Cookbook will give you 101 high-protein plant-based recipes A 4 week plan you can follow and adapt A variety of food in the recipes so you can fulfill all of your nutritional needs Eating is not supposed to be just fueling your body for performance, it should also be a moment of pleasure and fulfillment. If you want both the pleasure and the fueling, this book is for you, scroll to the top of the page and click the BUY NOW button!

65 delicious, easy-to-prepare ketogenic recipes for vegans, who can now enjoy the benefits of the diet that is taking the world by storm Who says vegans can't go keto? The most talked-about diet in the world is now reaching a whole new audience with THE ESSENTIAL VEGAN KETO COOKBOOK. Featuring 65 low-carbohydrate, high-fat, moderate-protein, vegan recipes, readers who assumed ketogenic eating was off-limits for their lifestyle can now prepare easy, delicious, keto-compliant meals. Try sunflower seed waffles, Tex-Mex cauliflower steaks with guacamole, creamy "cheeseball" bites, and delicious desserts like a macadamia nut mug cake. Including 40 photos, an overview of the ketogenic diet and its main health benefits, and tips on how to meet and track macros, this cookbook includes everything vegans need to know to prepare keto-friendly recipes, without any of the overwhelming extras.

76 Quick & Easy Oil-Free Recipes

The Vegan Cookbook for Athletes

Vegan Bodybuilding Diet Book for Athletic Performance and Muscle Growth with Low-Carb, High-Protein Foods. 90 Recipes and 30-Day Meal Plan

Vegan Bodybuilding Cookbook: 100 High Protein Recipes for a Strong Body While Maintaining Health, Vitality and Energy

High Protein Vegan Cookbook

The Vegan Bodybuilders Cookbook

The Vegan Athlete's Cookbook

Learn Everything That You Need To Know About The Plant-Based Diet With This Comprehensive 4-in-1 Bundle! Are you looking for a balanced and natural Diet to improve your physical performance and boost your energy? Maybe with new and tasty recipes to add to your routine? Then keep reading. In general, protein-based foods are highly acid forming in the human body. This is because their predominant minerals are the acidic minerals — chlorine, phosphorus, and sulfur. To maintain homeostasis, the body must counterbalance the acidity caused by excess protein consumption. Unfortunately, it does so in part by taking a precious alkaline mineral — calcium — from our bloodstream. The body replaces calcium into the bloodstream, where calcium levels must remain relatively constant, by removing it from our bones and teeth, setting the stage for osteoporosis and tooth decay. It is no coincidence that fruits and vegetables contain just the right amount of protein to build and maintain the human body. Nor is it a coincidence that the minerals they supply are predominantly the alkaline ones: calcium, sodium, magnesium and potassium. Scientifically speaking, a Plant-Based Diet is much more beneficial and less harmful for humans, which is why it is recommended to shift from meat to whole grains, legumes, vegetables and other nutritional foods of this kind. The goal of this Bundle is simple: provide all the information that you need to know in order to get ALL the benefits from a Plant-Based Diet. Here is a taste of what you will learn: Why Go Plant-Based and what are the Basics of a Plant-Based Diet The Macro and Micro Essentials of a Plant-Based Diet How to Eliminate Bad Eating Habits What are the Plant-Based Foods that Boost Your Immunity What does Plant-Based Bodybuilding Mean and What are the Main Plant-Based Protein Sources How to Eliminate Weight and Improve Vitality and Energy with a High-Protein Diet All You Have to Know about Proteins, Plant-Based Supplements and Cooking Methods on a Plant-Based Diet 10 Tips for Success on a Plant-Based Diet and Plant-Based Diets Myths Quick Energy & Recovery Snacks, Vegan Cheese and Flavor Boosters And Much, Much More! With 300 Recipes and 4 Meal Plans, this Bundle is the perfect guide you were looking for! Forget about those low-cal frozen dinners and processed foods and learn to love the foods that will keep your body healthier and leaner. Where most books provide little information about the real benefits of a Plant-Based Diet, focusing on low-calorie diets and promising weight loss but not delivering on taste, this 4-in-1 Bundle goes further, taking the time to explain why switching to such diet is beneficial for many reasons. If you are suffering from any kind of illnesses or have obesity issues, you should focus on a Plant-Based Diet as a way to improve your health and reduce the symptoms, if not cure the illness completely. Even if you are new to this lifestyle, the benefits of a vegan diet are plentiful for bodybuilders, crossfitters, marathon runners, and all other types of athletes. Contrary to the myths and misconceptions about plant-based eating, there are many sources of protein, calcium, vitamins, and other nutrients to support the healthy development of muscle and tissue growth at a cellular level. Discover how to balance this extremely effective diet right now. Don't wait anymore!Scroll Up And Click The BUY NOW Button to Get Your Copy!

70 Whole-Foods Recipes to Fuel Your Body

Plant-Based High-Protein Diet Cookbook

The Plant-Based Family Cookbook

The Vegan Cookbook For Athletes

This Book Includes: Plant Based Diet for Beginners, for Bodybuilding and High-Protein Cookbook for Athletes. 300 Vegan Recipes for Muscle Growth and Weight Loss + 4 Meal Plans.

Plant Based High Protein Cookbook #2020

5-Ingredient Plant-Based High-Protein Cookbook

Diet for a Small Planet