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Vegan Bodybuilding And Nutrition: A Guide On How To Build Muscle And Gain Strength While Executing A Vegan Diet.



Synopsis

Veganism and bodybuilding are not two words often paired together, but can it 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. Can anyone become a vegan bodybuilder? Vegan Bodybuilding and Nutrition was written to answer these exact questions. 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. 15 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.

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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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Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Vegan Bodybuilding and Nutrition: A guide on how to build muscle and gain strength while executing a vegan diet. 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) BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Bodybuilding: Meal Plans, Recipes and Bodybuilding Nutrition: Know How to Eat for Strength, Muscle and Fitness 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,) Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Raw Vegan Bodybuilding: How To Gain Muscle And Get Shredded On The Raw Food Diet 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) Essential Bodybuilding Cookbook: 150 Healthy, Simple & Delicious Bodybuilding Recipes To Meet Your Every Need (The Healthy Bodybuilding Cookbook Series)

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