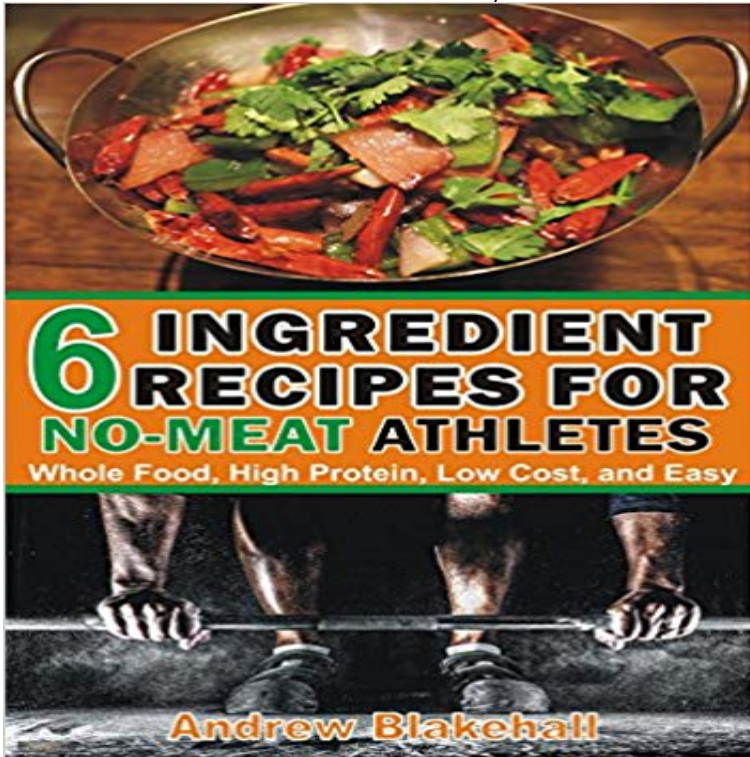


Vegan Cookbook:: 6 Ingredient, High Protein, EASY Recipes for NO MEAT Athletes and bodybuilders



Do you want simple, fast, inexpensive recipes that will help you maintain or gain muscle, while keeping fat at bay? As a long time Vegan Bodybuilder, I had a challenging time finding simple, quick, and easy ways to meet my daily protein and nutrition requirements. A lot of the cookbooks I found were crammed with exotic ingredients and intricate steps for preparation. I just wanted dishes that were based on whole, plant foods, that I could toss together in a jiffy. This book is for people who want to spend their hard work in the gym, not the kitchen! -Andrew Blakehall 10+ Year Vegan 8+ Year Athlete, Bodybuilder, Marathon Runner, Coach. My Profile: <http://www.veganbodybuilding.com/?page=bioblakehall>

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