



Vegan: The Fit Vegan - High Protein Vegan Recipes For The Active Vegan (Vegan Cookbook, Vegetarian, Diet, Weight Loss, High Protein)

By Tony George



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Try Out These Tasty High Protein Recipes Today!!

You will find vegan recipes that are aimed to have extra protein for your muscles. It doesn't matter if you are in great shape or trying to lose weight or if you just want to eat something healthier than what your eating now. Having protein in your meals will help you achieve your goals. Some people might think that in order to achieve your fitness goals, you need to be exercising for 6 hours a day. Well, if you don't feed your body with the right fuel. You could be trying way too hard. Your diet is just as important as your workout, if not the most important!!!

Here Are Some Of The Recipes You Will Find Inside!!

- Quinoa with Avocado Salad
- Vegan Macaroni
- Cocoa & buttered Quinoa
- Spicy roasted Cauliflower
- And Much Much More

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- Sales Rank: #700031 in eBooks
- Published on: 2016-02-09
- Released on: 2016-02-09
- Format: Kindle eBook

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Joshua McIntosh:

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Molly Maldonado:

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