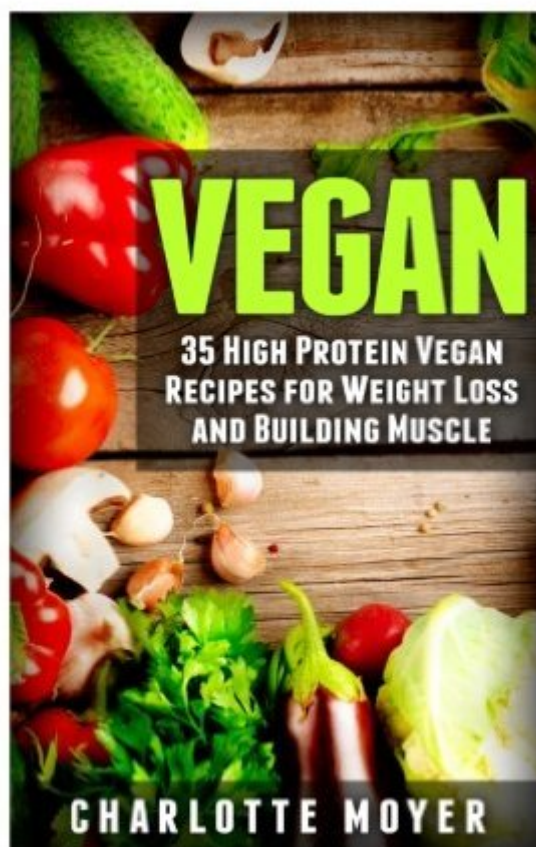


The book was found

Vegan: 35 High Protein Vegan Recipes For Weight Loss And Building Muscle



Synopsis

Congratulations on thinking about making the change to living the vegan lifestyle. If this is a new concept for you, then we honestly believe that you have made the right choice. If you have been living the vegan lifestyle for a while, and are just looking for some new ideas, we are equally thrilled that you are here as well. One issue that many people face when choosing the vegan lifestyle is getting enough protein in their diet. Protein is essential because it helps hair to look great, keeps nails strong, and provides a healthy glow to skin. Protein is also important because it helps keep bones strong and keeps the red blood cells working properly. Protein is also essential in producing enzymes that your body needs to digest all food properly. Most importantly, however, when you are trying to lose weight, it keeps you feeling full much longer. Therefore, you eat less food. You can enjoy a wide variety of foods including beans, quinoa, nuts, greens, broccoli, asparagus and tempeh. Each can be prepared in many different ways so you never have to be bored eating the same old foods again. In this book **VEGAN 35 HIGH PROTEIN VEGAN RECIPES FOR WEIGHT LOSS AND BUILDING MUSCLE**, you will learn recipes to start your successful new lifestyle. If you have been vegan for a while, then you will still find recipes that you will adore like Faux Chicken Salad, Cajun Red Beans, Coconut Curry and many more. We encourage you to download this book today to begin your path to a new healthier you with us. We are so happy that you have chosen this path and want to help you along the way. These recipes were carefully chosen not only to be high in protein, but to be amazingly tasty.

Book Information

Paperback: 72 pages

Publisher: CreateSpace Independent Publishing Platform (August 31, 2015)

Language: English

ISBN-10: 1517179556

ISBN-13: 978-1517179557

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (22 customer reviews)

Best Sellers Rank: #1,196,789 in Books (See Top 100 in Books) #157 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #6001 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss

Customer Reviews

I wanted this book for a variety of reasons - thinking about going Vegan, included high protein recipes and losing weight. This book hits all of those marks for me. The Vegan life style is a much healthier way to live and an added bonus is that you will lose weight. I just need to get my husband on board and I'll be set. The recipes in this book are very good!

This is a very good source of information. This Wheat Belly Diet book is full of information if you are hoping to feel better and lose a few pounds. As I've gotten older, it seems more foods disagree with my stomach than when I was younger. My appetite is as healthy as ever although I am not as active as I was in my early age. I learned from this book that wheat is a powerful appetite stimulant! Also, it can be hidden in unsuspecting places such as soup. This is a highly recommended book!

As we age we need to change our lifestyle specially with our eating habits, because what we ate may bring us risk, that is why I used to watch what kind of foods I take. Vegan diet is what my friend suggested, she claimed that they are in this process and that they feel good and feel healthy. That is why I took a chance of finding the best deal of this book and I was glad to know some of the recipes here that will surely make my day. My meal wouldn't be boring as I have these recipes that contain the right amount of nutrients. I consider this book as a huge help, it will change my eating style and bring me benefits.

Cool book. Great wheat-free meal alternatives. I really liked the 21 day food plan as it will make it easier for me to apply the recommended meals, the shopping list was also a cool little extra that will just make my journey to the supermarket easier and reduce temptation.

A very interesting recipe book...most people think you have to eat meat to be healthy...but this book shows that is false. There are plenty of good recipes in this book that I will try out. Charlotte Moyer does a great job going step by step in the process to make sure you come out with a delicious meal. The reason I gave it a four is because they could have used pictures to help illustrate what the dishes would look like. Highly recommended for Vegan diet lovers or just diet people looking for a change.

I'm not a vegan but I have been searching for new recipes that have more veggies than meat on them. Got this recipe book because the choices sound easy to make. Truth be told, they are! As the name implies, they're all dump dinner. I was expecting that it would take a couple of hours in slow

cooker to do dump dinner but this book showed me how it can be done in less than an hour. I love curry so this is up my list with the numerous curry recipes in this book.

I like to make Dump dinners since it's simple and easy to make. But great to have this recipe book since it's vegan. The recipes are all healthy and yes, with the lifestyle today that's always on processed food, I am pretty sure that I will always stick to preparing healthy meals for the family. This recipe book is a sure help!

I was wondering what would vegans be eating all the days, seems there are varieties enough to try. Many recipes listed here are quite interesting to me, though I was wondering about the time taken for most of them. Planning to try out some of them, though first I will have to stock up few things in my kitchen. The author has unnecessarily wasted many of the pages in the end giving some list of items as well as promotion sort of stuff.

[Download to continue reading...](#)

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,) DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks) DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) 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) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan: 35 High Protein Vegan Recipes for Weight Loss and Building Muscle Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Weight Loss: 30 Days Weight Loss

Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) 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) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan Protein Recipes: 51 Healthy Protein Packed Recipes for Muscle Building, Toning, & Balanced Nutrition THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes)

[Dmca](#)