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# File Type PDF Nutrition Cookbooks High Protein Vegan Cookbook Vegan Plant Based Diet Vegetarian Cookbook Gluten Free Paleo Vegetable Cookbook

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The High Protein Vegetarian Cookbook

The Plant-Based Family Cookbook

High-Protein Vegan Cookbook

No Meat Athlete

VEGAN DIET for ATHLETES and BODYBUILDERS

Minimalist Baker's Everyday Cooking

Plant-Based High Protein Cookbook

High Protein Vegan Cookbook

High Protein Vegan Cookbook

The Vegan Cookbook For Athletes

51 Plant-Based High-Protein Recipes: For Athletic Performance and Muscle Growth

VEGAN DIET COOKBOOK

Plant-Based High-Protein Diet Cookbook

The Essential Vegan Keto Cookbook

High Protein Vegan

Whole Protein Vegetarian: Delicious Plant-Based Recipes with Essential Amino Acids for Health and Well-Being

The Complete Vegetarian Cookbook

High-Protein Plant-Based Diet for Beginners

VEGAN DIET COOKBOOK

VEGAN Bodybuilding COOKBOOK: Nutrition Diet Plan and Easy Meal Ideas for Vegetarian Athletes, Bodybuilders, Fitness and Sports Enthusiast

High-Protein Plant-Based Diet Cookbook  
Plant Based Cookbook  
The Vegan Bodybuilders Cookbook  
High Protein Vegan Cookbook  
The Vegan Athlete's Cookbook  
The No Meat Athlete Cookbook  
Plant-Based for Tired People  
The Budget-Friendly Vegan Cookbook  
High Protein Vegan Cookbook  
High-Protein Plant-Based Diet Cookbook  
Diet for a Small Planet  
Vegan High Protein Cookbook: 50 Delicious High Protein Vegan Recipes  
The Vegan Cookbook for Athletes  
Plant-Based High-Protein Cookbook  
Plant-Based High-Protein Cookbook  
Vegan Diet Cookbook  
The High-Protein Vegan Cookbook for Athletes  
The High-Protein Vegan Cookbook: 125+ Hearty Plant-Based Recipes  
Meal Prep & Meatless Power Cookbook For Vegan Athletes

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## **SHAYLEE NYASIA**

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[The High Protein Vegetarian Cookbook](#) Createspace Independent Pub  
Increase performance by going vegan--101 plant-based meals for athletes Being an athlete means always striving for ways to enhance performance--and eating vegan is a great way to build endurance and strength while improving overall health. Featuring 101 recipes and 3 meal plans, The Vegan Cookbook for Athletes

is one of the most informative vegan cookbooks and will show you how impactful combining your training with solid plant-based macronutrient resources can be--no matter your athletic level. Whether you're a committed vegan or just starting a vegan diet, you can create a tailored nutrition plan for your athletic demands, from general training to an Ironman. From learning how to balance carbohydrates, fats, and proteins to things like eliminating cooking oil, this standout among vegan cookbooks is your dietary guide to a life of athletic success. This top choice

among vegan cookbooks includes: Get to know macros--This outstanding selection in vegan cookbooks provides key information on macronutrients that caters to different athletic needs. More time to train--With 100-plus recipes that can be made in advance for on-the-go eating using commonly found ingredients, this book is everything vegan cookbooks should be. Guided eating--Use one of or all of the 3 meal plans that utilize and combine recipes so you can get the customized nutrition for your athletic requirements. Go beyond other vegan cookbooks with *The Vegan Cookbook for Athletes*.

*The Plant-Based Family Cookbook* America's Test Kitchen  
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!

[High-Protein Vegan Cookbook](#) Rockridge Press

55% discount !! Let your customers to discover the amazing VEGAN DIET COOKBOOK the fully-authorized guide for Vegans !!

[No Meat Athlete](#) Centennial Books

A cookbook that takes the guesswork out of combining protein sources, to provide delicious, complete protein meals Are you afraid you won't get enough protein—or the right kind—from a plant-based diet? Many grains, beans, leafy greens, and nuts contain fewer than all nine of the essential amino acids that comprise a complete, or “whole” protein, unlike animal-based proteins, which are more likely to be complete. This is an easy fix: Include a wide variety of plant-based foods over the course of a day and you'll get the complementary proteins you need. These delicious recipes will get you started on the road to a healthy,

plant-based diet.

*VEGAN DIET for ATHLETES and BODYBUILDERS* The High-Protein Vegan Cookbook: 125+ Hearty Plant-Based Recipes

\*\*\* Please note: Book is available in 2 Paperback formats -

Black&White and FULL- Color. Do you often hear comments such as: - Bodybuilder vegan? C'mon ... It can't be! - Oh, are you a vegan? Where do you get protein from? - Building muscle without meat? It's impossible! If you're a vegan, you've probably heard these a million times. There is an opinion among people that it is impossible to pump muscle mass without eating meat. But, as professionals have proven, this is an achievable task. So is it possible to follow a vegetarian way of life and do bodybuilding at the same time? Are vegetarianism and bodybuilding compatible? We present you a book for athletes/bodybuilders, vegetarians, written by a nutritionist, vegetarian, and trainer on healthy eating. The book will also be useful for people who are looking for plant-based low-carb, low-calorie and high protein foods and recipes with healthy ingredients. A vegetarian diet gives the body no less energy than a meat diet. Vegans don't necessarily build muscle slower than meat-eaters. You just need to keep track of the variety of foods consumed daily to ensure the right set of nutrients. Protein intake is the main concern of many who want to switch to a plant-based diet. But we all know that nature is an excellent source of protein. So why not healthily build muscle without using meat products? In the recipe book, the author has collated the best high- protein no meat recipes designed specifically for vegetarian athletes who need to not only follow strict training rules but also want to eat something that tastes great. This Vegan Bodybuilding Cookbook contains 55 high

protein plant-based recipes optimized for athletes, bodybuilders, any fitness enthusiast, and men and women for balanced athletic nutrition. All recipes include full macro profiles. These easy-to-cook vegan recipes are suitable for anyone new to the vegan diet or cooking and will allow you to reduce your time in the kitchen in order to pay more attention to your workouts: High protein breakfasts for energy Protein salads with healthy nutrients First courses for proper nutrition Delicious staple foods for energy recovery Savory snacks and protein smoothies Plant-based protein desserts for a good mood Each vegan recipe has a FULL-COLOR picture of the food, so you know what to expect when you cook it. Gain muscle mass by eating properly! Start cooking tasty and wholesome vegan food right now and recharge your batteries for your sporting achievements!

*Minimalist Baker's Everyday Cooking* National Geographic Books Exciting, healthy and tasty vegan recipes with the nutrients you need to train, recover and perform. Whether you already live a vegan lifestyle, embrace a meat-free day each week or you simply want to try some amazing flavour combinations, The Vegan Athlete's Cookbook will help you create easy, nutrient-packed meals to support your training goals. With a focus on performance, every recipe has been created to provide a high level of nutrients that will fuel your body. All the main meal recipes supply at least 20 g of protein per serving, the optimal amount needed for muscle recovery. As well as delicious everyday recipes and cooking tips, the book also contains evidence-based advice on how to fuel your workouts and maximise your performance. It debunks vegan myths, demystifies sports nutrition and will help you gain the confidence

to create delicious, nourishing meals that will boost your fitness.

**Plant-Based High Protein Cookbook** Rockridge Press  
51 Delicious Plant-Based Protein Recipes! Recipes in this book are also included in the 'Vegan Meal Prep' series by Jules Neumann. Fire up the stove and prepare 51 tasty high-protein dishes to power you. Recover faster, perform better and get in shape! Make your plant-based diet effortless with these 51 delightful high-protein recipes. Incorporate whole foods in your diet and get inspired by culinary arts from around the world. Many recipes are combined with appetizing photographs. All include macro values, number of ingredients used and storage info for the fridge and freezer. Fuel your body with these exclusive recipes: 10 protein-rich breakfast recipes 5 nutrient-packed protein salads 25 high-protein staple foods 11 energizing snacks And 8 essential recipes (bonus) (The book includes gluten-free, soy-free and nut-free recipes). Prepare 51 satisfying meals that support your healthy lifestyle, are easy to prepare and 100% vegan! Become the best you can be. Grab this cookbook today! We print your book(s) using the most revolutionary technology available, effectively reducing waste and CO2 emissions.

**High Protein Vegan Cookbook** Independently Published  
★Are you looking for a sustainable HIGH-PROTEIN DIET to have all the proteins on the menu without having to eat meat?★★★Would you like to be healthy but eating delicious PLANT-BASED HIGH-PROTEIN food at the same time? ★★★Are you a vegan who wants to keep his protein intake higher? ★★★Congratulations, you've come to the right place then. This is the book for you!★★★ With Plant-Based High-Protein Diet Cookbook - You will learn how to cook tasty, healthy dishes thanks to our many easy and fast

recipes. Well, here comes a high protein plant-based diet that is perfect for all the vegans who are into sports, athletics, or bodybuilding and who want to build their muscles strong and huge. This cookbook brings you all the plant-based high-protein alternatives that will help you nourish your muscles and gain the much-needed body mass. There are several myths and misconceptions that revolve around the plant-based diet as being inappropriate for bodybuilders, but the text of this cookbook will help you understand the whole protein synthesis, muscle building, and how a high-protein plant-based diet can help achieve muscle mass. The plant-based recipes shared here will leave you with delicious ideas to incorporate adequate amounts of protein, fats, and carbs into your diet. A small taste of what you'll learn in this book: What Is a High-Protein Plant-Based Diet? Ways to Gain Weight and Body Mass Plant-Based Diet for Different Body Types What to Have on a High-Protein Plant-Based Diet? Blacklisted Food for Vegan Diet Plant-Based Protein Powders Delicious High-Protein Recipes And more... So, what are you waiting for? Optimize your plant-based nutrition. Recover faster and perform better. Start prepping high-protein meals TODAY! Scroll up and click the "BUY NOW" button CHOOSE which one you like more!The Book Available in 3 Editions: Kindle Edition Paperback - Full Color Paperback - Black & White Edition *High Protein Vegan Cookbook* Page Street Publishing  
Many people don't appreciate animal cruelty and want to adopt the vegan lifestyle, especially in terms of what they eat.However, lack of easily accessible and affordable nutritious vegan diet, most of them feel restricted and never go for it. One of the major problems that vegan diet faces is of lack of high protein foods

that can replace white and red meat in terms of nutrition. You need a working high protein vegan diet plan which you can commit to for achieving a healthy lifestyle. If you want to adopt a healthy and moral lifestyle, this book brings you complete guidance you need to about high protein vegan food and how you can achieve fitness through it. This book addresses your concerns by introducing you to high protein vegan diets and drawing a comprehensive comparison between veganism and vegetarianism. It will help you develop a thorough understanding of how you can rely on a vegan diet which is nutritious especially in terms of proteins. and expands on the vegan diet and the ways you can extract high protein nutrition from vegetable based foods. You will also learn about the low cholesterol principles surrounding vegan diet. To get you started, the book includes recipes for breakfast, lunch, snack, and dinner which you can use to start your transformation to a healthier lifestyle. When you are looking to improve your fitness and overall lifestyle, vegetable based high protein vegan diet can help you in a multitude of ways. Develop an understanding of basics of high protein vegan foods Learn about the differences between vegan and vegetarian How you can adopt vegetable based diet to get high proteins Vegan breakfast, lunch, dinner and snack recipes Learn how to schedule your day around high protein vegan food How do I know vegan diet is sufficient for me to be healthy? High protein vegan diet is known for being nutritionally sufficient. It's backed by scientific research and evidence. If you are not sure about the vegan lifestyle, we recommend you consult with your doctor before going for it. Can vegan diet improve my health? High protein vegan diet helps you improve the quality of your health

as you're no longer dependent on red meats. Stop reading this and get the book now!

**The Vegan Cookbook For Athletes** The Countryman Press  
The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

*51 Plant-Based High-Protein Recipes: For Athletic Performance and Muscle Growth* Penguin

Are you looking for a natural and light diet for improving your physical performance? Maybe with new and tasty recipes to add to your routine? Then keep reading... One of the most well-known structures in our body that rely on protein is our muscles. Muscles are attached to the bones, thus allowing us to move and function daily. While this is most obvious, the organs in our body use

internal muscles to make sure that we are working and ensuring every part is doing exactly what it is intended to. Even though several parts of our body are not made of protein, they tend to be held together by protein. This applies to our nervous system, organs, and blood vessels. This should show you why protein is so important in our diet. Are you still with me? I hope you are. Don't be intimidated by the information I just shared with you. It may seem very complicated, but it is nothing to psyche you out! Just follow the book and I will continue to guide you through all of this. Without a diet that contains proper protein nutrition, you would lack the components needed for tissue repair, protein to support enzymes and hormones for metabolic functions, and the aid to antibodies that help in the defense against germs and infections. While all of this may keep you away from a Plant-Based diet or to over-consume protein, don't do this. I say this for several reasons... First, if you want to follow a vegan diet, I'm actually going to show you that it is very possible, with all the recipes in this Bundle! Second, if you overload protein into your body, this can, in fact, affect your body in negative ways. Yes, there are issues if you don't have the needed amount, and yes there are issues if you take too much protein into your system. The goal of this Bundle is simple: provide all the information that you need to find the right healthy protein balance within a Plant-Based diet. In Book one, *PLANT BASED COOKBOOK FOR ATHLETES*, you will learn: Why a Vegan Diet How to Lose Fat and Build Muscle on a Plant-Based Diet The Protein Requirements 7 Benefits Of A Vegan Diet 75 Recipes, Including Breakfast Recipes, Lunch Recipes, Main Courses, Single Dishes Snacks and Vegan Cheese 28-Days Meal Plan And Much MORE! In Book two, *PLANT BASED HIGH-*

*PROTEIN COOKBOOK*, you will learn: Are Plant-Based Supplements necessary? How To Stay Healthy While Eating Plant-Based 75 Additional Recipes of Breakfasts, Staple Lunches, Whole Food Dinners, Sauces Quick Energy & Recovery Snacks and Flavor Boosters (Fish Glazes, Meat Rubs & Fish Rubs) Tools & Tips for Quick and Efficient Cooking And So Much MORE! Where most books only focus on low-calorie diets, promising weight loss but not delivering on taste, this Cookbook goes further, taking the time to explain how you can get healthy and stay healthy on a Plant-Based diet. Forget about those low-cal frozen dinners and processed foods. Learn to love the foods that will keep your body healthier and leaner. Even if you are new to this lifestyle, the benefits of a vegan diet are plentiful for bodybuilders, marathon participants, 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. Ready to say goodbye to all those boring salads you've eaten for years? Scroll up and click the BUY NOW button!

*VEGAN DIET COOKBOOK* Bloomsbury Publishing

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.

*Plant-Based High-Protein Diet Cookbook* Independently Published  
Nourish Your Family with Vibrant Plant-Based Meals Join Claire Swift and Sarah Biagetti, moms and founders of Healthy Twists, as they teach you how to satisfy the entire family with tons of wholesome and nutritious vegan meals. Their innovative plant-based twists on family recipes will deliver flavorful meals to your table. With a wide variety of gluten-free and allergen-friendly recipes, this cookbook is guaranteed to cater to all the dietary needs of your family! Looking for a quick weekday meal? Whip together some Crispy Tofu Nuggets for the kids before heading off to soccer practice! Craving a sweet Sunday brunch? Try Claire and Sarah's Apple Waffles, layered with berries and chocolate spread. Save those precious weeknight hours and blow away your family with one of Claire and Sarah's batch-cooked freezer recipes. From a hearty Cottage Pie with Cauliflower and Potato Mash to Smoky Black Bean-Loaded Fajitas, there's no shortage of delicious mid-week meals. Enjoy weekend baking sessions with your kids creating any of the delicious cakes, bakes and desserts—from birthday showstoppers to easy snacks and tantalizing desserts. Whether you're looking to commit to a vegan lifestyle, introduce your kids to more plant-based meals or simply balance out your family's diet, this cookbook contains all

the inspiration you need for satisfying feel-good meals.

**The Essential Vegan Keto Cookbook** Ballantine Books  
Delicious, nourishing vegan food on a budget IS possible Looking for vegan cookbooks with healthy meals that are full of flavor but won't empty your wallet? The Budget-Friendly Vegan Cookbook is here with satisfying dishes full of easy-to-find, protein-rich ingredients. Most recipes take 30-45 minutes or less--so your schedule stays as stress-free as your budget. Get advice you won't find in other vegan cookbooks on stocking your pantry, maximizing food purchases, and avoiding waste. Discover cost-effective everyday ingredients you can use for a variety of vegan dishes. Whether you're a new or longtime vegan, find fresh recipes for breakfasts, lunches, dinners, snacks, and desserts. This budget-friendly choice in vegan cookbooks includes: Low cost, high protein--Balancing nutritious meals is easy with servings that center plant-based proteins like lentils, tofu, beans, and chickpeas. 145 flavorful recipes--The possibilities are endless: Sweet Chili Mango Tofu, Mushroom and Green Pea Farro Risotto, Maple Pecan Sautéed Brussels Sprouts, and many more. Hearty whole foods--No overly processed meat or dairy alternatives necessary, as in other vegan cookbooks--these dishes let whole ingredients shine. Get excited about cooking with the affordable ideas in this standout among vegan cookbooks!

**High Protein Vegan** Rockridge Press

The book that started a revolution in the way Americans eat The extraordinary book that taught America the social and personal significance of a new way of eating is still a complete guide for eating well in the twenty-first century. Sharing her personal

evolution and how this groundbreaking book changed her own life, world-renowned food expert Frances Moore Lappé offers an all-new, even more fascinating philosophy on changing yourself—and the world—by changing the way you eat. The Diet for a Small Planet features:

- simple rules for a healthy diet
- streamlined, easy-to-use format
- food combinations that make delicious, protein-rich meals without meat
- indispensable kitchen hints—a comprehensive reference guide for planning and preparing meals and snacks
- hundreds of wonderful recipes

**Whole Protein Vegetarian: Delicious Plant-Based Recipes with Essential Amino Acids for Health and Well-Being** The Experiment

Do you take your fitness seriously? ... then you should be learning about the benefits of a vegan diet and how it could help you break through your fitness ceiling and take your athleticism to the next level! For too long, athletes and bodybuilders have labored under the misconception that protein from meat is the only way to get healthy and stay in shape. Well, studies and research from around the world have shattered those misconceptions. So, what provides more and healthier protein than meat? A plant-based diet does! HIGH PROTEIN VEGAN COOKBOOK - Meal Prep Recipes for beginners. Sport Nutrition Plant based diet. Easy Guide for Athletes and building muscles. Low carb for Healthy eating, being smart and love your body is the ultimate guide to unlocking the powerful secrets of a plant-based diet. Author Kevin Rinaldi has compiled the ultimate guide to incorporating the benefits of a plant-based diet into an athletic fitness regime and why so many professional athletes around the world are now utilizing healthy plant proteins instead of meat.

Inside HIGH PROTEIN VEGAN COOKBOOK, you'll discover: Vegan as A Lifestyle Benefits of The Vegan Diet Why Athletes Should Go Vegan Improve Athletic Performance and Muscle Growth Many tasty Recipes & much more! High Protein Vegan Cookbook is perfect for anyone that is looking to learn more about the benefits of a vegan diet, meal planning, building muscle on a vegan diet, and how to cook high-protein vegan meals. It's time to stop procrastinating and start acting! Scroll up and hit the BUY IT NOW button and start unlocking the secrets to building muscle on a vegan plant-based diet!

### **The Complete Vegetarian Cookbook** Zeitgeist

As huge numbers of the population begin to understand that meat is not an essential part of healthy eating and indeed can sometimes be bad for us in a number of ways, so the leaning towards a more plant based diet becomes ever greater. With a huge variety to choose from and with cookery books now providing ever more delicious recipes for non-meat options, is the time right for you too? This book is composed of delightful features such as: Plant-based diet practices that will help improve your health Information on foods that provide you with more energy Health strategies that will make you feel and be at your best Recipes that are nutritious and easy to prepare A 14-Day plant-based meal plan that is healthy and delicious Don't wait any longer! Scroll up and click the buy now button to begin the journey of being a healthier you!

*High-Protein Plant-Based Diet for Beginners* Happyhealthygreen

★Do you want to uncover a surefire way to stay in top shape and peak physical condition without relying on animal protein?★ ★Are you a healthy and environmentally conscious person looking to

improve your diet, health, and performance?★If you answered yes to any of these questions, then you've come to the right place! Based on studies, one of the most effective ways to boost your energy levels, prevent chronic diseases, and improve your health is to start a plant-based diet. Changing one's nutrition is considered an effective way to live longer and reduce the risk of falling sick. While there is no doubt that humans were meant to be eating fruits, vegetables, and nuts from the beginning, a dietary shift took place, mixing humans with the omnivore species and introducing a large confusion. 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 decision to go on a plant-based eating plan should not be taken lightly. In fact, most folks generally remain on the fence about it and aren't always clear on how this approach can be beneficial to the average individual. Moreover, there is a great deal of information scattered all over the place. For this reason, it is hard to form an accurate picture of what a person can expect when going plant-based. Learn in this complete Plant-Based High-Protein Diet Cookbook for Beginners how to easily switch from an animal diet to healthier plant-based food without sacrificing delicious foods! So, from this book, you will learn: What is a plant-based diet? Is a plant-based diet healthy? How to start a plant-based diet? - Tips for beginners Micronutrient intake Food to avoid on a plant-based diet Plant-based supplements ...and much more! This book's goal is simple: Provide all the information you need to get the right healthy protein balance within a plant-based diet. In this plant-based cookbook, the author has collated the

best plant-based tasty and easy recipes designed specifically for people to follow strict diet rules and eat something that tastes great. This plant-based cookbook for beginners contains 60 high-protein plant-based recipes for your menu: High protein breakfasts Salads with healthy nutrients First courses for proper nutrition Delicious recipes for lunch and dinners Savory snacks and protein smoothies Plant-based protein desserts and treats for a good mood Download your copy today! Scroll to the top of the page and click the "Buy Now" button to get started on the journey to health and fitness today! CHOOSE which one you like more! The Book is Available in 3 Editions: Kindle Paperback - Full Color Paperback - Black & White

**VEGAN DIET COOKBOOK** Happyhealthygreen

★★ There's a legume that has twice the eggs protein. Want to know what it is? Then keep reading... ★★ You love vegan food but you also love gym. How do you grow muscles even if you don't eat meat? You need to know right high-protein foods. It has been proven that, with a plant-based diet, you are at less risk of health hazards. Many people who have complained about heart ailments or diabetes have found a new lease on life with a plant-based diet. Remember that with a plant-based diet, you will have all the essential ingredients for a healthy life. You will not miss out on the carbs, proteins, and vitamins required for optimal health. Plant-based diets are known to reverse the effects of chronic diseases like cancer, heart disease, and diabetes. People who have shifted to a plant-based diet are at a lower risk for chronic diseases like heart disease, diabetes, and even Alzheimer's. A plant-based diet can also help give you glowing skin and healthy nails. As the food items are full of minerals and

vitamins, they are perfect for your skin. And If you are trying to lose weight, it's time to bring some change with a plant-based diet. These nutrient-dense food items can help you lose weight effectively, as you consume fewer calories naturally by following a plant-based diet. In this book, you will learn more about: Plant-Based Diet for Athletes Plant-based Supplement and Food-Based Mistakes Breakfast Recipes Main Dishes Vegetables Sauces & Desserts Dessert and Snack Recipes Energy and Strength with Protein Diet Health Benefits of Protein Muscles and Proteins with Plant-based Diet Plant-based Supplements ... AND MORE!!! What are you waiting for? Scroll up, click the BUY NOW button and get started.

[VEGAN Bodybuilding COOKBOOK: Nutrition Diet Plan and Easy Meal Ideas for Vegetarian Athletes, Bodybuilders, Fitness and Sports Enthusiast](#) The Countryman Press

High Protein Meals... Naturally From the author of Triumph of the Lentil: Soy-Free Vegan Wholefoods for all Appetites comes another collection of hearty recipes - from easy everyday meals to gourmet feasts, all with clear directions and accurate timing. Hilda brings her signature style of creating flavoursome and satisfying food in the simplest way possible to this book with its focus on high protein meals. High Protein Vegan focuses on nutritious, tasty and filling legume-based main meals, as well as decadent-but-healthy raw desserts. With over 100 recipes accompanied by 90 colour photographs, this book will motivate you to create delicious high protein vegan whole food meals and

desserts. High Protein Vegan is... •Full of unique and tasty recipes, from new twists on old favourites through to innovative ways to serve vegetables and legumes. •Allergy-friendly, with soy-free options for all recipes and many options for other diets and allergies including gluten-free, nut-free, nightshade-free and allium-free. •Packed full of do-able recipes that can fit into busy lives. With High Protein Vegan you can learn to... •Create hearty and savoury meals with an awareness of umami flavour. •Modify your existing recipes to add extra protein from whole foods. •Make nutritious meals from scratch with a minimum of kitchen time. •Understand protein needs and other essential information on vegan nutrition. •Replace shop-bought vegan sausages with healthy homemade ones, with recipes in a variety of styles from the Australian-style pumpkin seed, lentil and herb sausages through to bratwurst and kaesekrainer. •Pasta alla Carbonara •Caesar Salad with Crispy Chickpea and Cauliflower Fritters •Bean and Mushroom Stroganoff, Sunchoke Crisps on Cannellini Bean and Sunchoke Puree with Arugula Pesto •Thai Green Curry •Spicy Carrot and Chickpea Tagine •Grain-Free Pad Thai •Swedish Not-Meatballs with Mashed Potatoes and Gravy •Bean and Sunflower Seed Rissoles •Chickpea Schnitzel Patties •Baked Chard Dolmathes Stuffed with Quinoa, Beans and Herbs •Cauliflower Parmigiana Bake •Pea and Cauliflower Samosa Pot Pies •Lentil Loaf •Lancashire Hot Pot •Spinach and 'Ricotta' Calzones •Pumpkin Seed, Lentil and Herb Sausages •Bratwurst •Lemon Cheezecake •Chocolate Ice Cream •Caramel Slice •Chocolate Mousse Cake •Halva •Muesli Bars and more...