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Vegan Athlete Cookbook: 101 Flavorful Plant-Based Recipes for Health, Strength, and Athletic Performance (Paperback)

By Zoey Sampson

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Vegan Athlete Cookbook was written by Zoey Sampson, an accomplished cook and active vegan, who loves experimenting with flavor combinations, and delights in eating and living a vegan lifestyle. These recipes were put together by Zoey after hearing countless bro-science bodybuilders spout that the words vegan and active don't properly go together. It's no surprise to hear that many who swear by animal-based sources of protein are fairly stalwart in their beliefs as to what constitutes performance foods for weight gain through lifting and cardiovascular exercise. The Vegan Athlete Cookbook aims to change this, and will be your constant kitchen companion with nutritional content, including a carbohydrate, protein and fat count per serving listed for every single recipe. That's information you want, and need, right at your fingertips and puts an end to questions such as where are the muscle-building proteins and energy from fats in a Vegan diet? Many successful sportsmen and women in the world are Vegans, including Triathletes, Cyclists, Bodybuilders, Mixed Martial Artists, and even Olympians. And these happy and...



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