

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

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The Oh She Glows Cookbook Angela Liddon 2014-03-04 The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" –Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." –Sara Forte, author of The Sprouted Kitchen

A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet – and her life – once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-

packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes – from revamped classics that even meat-eaters will love, to fresh and inventive dishes – all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes – with more than 90 gluten-

free recipes – and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Plant-Based High-Protein Cookbook
William Lawrence 2020-06-23 ★Are you looking for a sustainable PLANT-BASED HIGH-PROTEIN DIET over time that is not difficult to follow?★ ★★Would you like to be healthy but eating delicious PLANT-BASED HIGH-PROTEIN food at the same time? ★★

★★Congratulations, you're in the right place!★★★ High-Protein Plant-Based Diet Cookbook - A complete guide for people, who want to obtain a sufficient amount of Healthy Proteins and Important Nutrients with

a Plant-Based Regimen & who want to develop new healthy eating habits Athletes and bodybuilders usually think it is very difficult to develop and train their muscles through a vegan diet due to the lack of animal protein. ★★But this is wrong!★★ Nature is a great healthy source of protein and many plant-based foods have even more protein than meat. Furthermore, this foods contain very little Carbas compared to meat, that, as we know, can elevate cholesterol levels and increase the risk of a heart attack. This book will clear out these misconceptions and provide more than 50 high protein recipes to fulfill your protein goals while maintaining health. A small taste of what you'll learn in this book: What Is a PLANT-BASED HIGH-PROTEIN DIET? Ways to get protein when you are on a

plant-based diet The best methods to eat the right amount of the plant-based protein every day Plant-Based Supplements Specific factors that impact your protein needs The plant-based proteins to intake for muscle building Delicious protein recipes And more... So, what are you waiting for? Scroll up and click the "BUY NOW" button ★ Buy the Paperback Version of this Book and get the Kindle version for FREE ★ CHOOSE which one you like more? The Book Available in 3 Editions: Kindle Editions Paperback - Full Color Paperback - Black & White Edition Tags: food in high protein, high protein in diet, high protein dieting, high protein diet for beginners, high protein breakfast, high protein foods with low fat, high protein foods with low carbs, low

carb high protein foods, vegetables with high protein, high proteins foods, foods with high proteins, high protein plant based cookbook, vegan bodybuilding cookbook, high protein plant based food, high protein plant based diet book, high protein foods, high protein vegan cookbook, high protein vegetarian cookbook, vegan bodybuilding diet, high protein low carb cookbook, high protein plant based, vegan bodybuilding book, high protein vegetarian, high protein vegan diet, high proteins diet, high protein ketogenic diet

The No Meat Athlete Cookbook Matt Frazier 2017-05-16 A Sports Illustrated Best Health and Wellness Book of 2017 Plant-powered recipes to power you—perform better, recover faster, feel great! A fast-growing global movement, No Meat Athlete

(NMA) earns new fans every day by showing how everyone from weekend joggers to world-class competitors can become even healthier and fitter by eating whole plant foods. Now The No Meat Athlete Cookbook—written by NMA founder Matt Frazier and longtime health coach, yoga teacher, and food writer Stephanie Romine—showcases 125 delicious vegan recipes, many inspired by plant-based foods from around the world. Put nourishing, whole foods on the table quickly and affordably, with: Morning meals to power your day (Almond Butter—Banana Pancakes, Harissa Baked Tofu) Homemade sports drinks to fuel your workouts (Cucumber-Lime Electrolyte Drink, Switchel: The Original Sports Drink) Nutrient-packed mains to aid recovery (Naked Samosa Burgers, Almost Instant Ramen) Sweets that

work for your body (Two-Minute Turtles, Mango Sticky Rice) Oil-free options for every recipe; gluten-free and soy-free options throughout

Plant Based High Protein Cookbook
Heather Hearn 2021-03-10 **55% OFF for Bookstores!! LAST DAYS*** Your Customers Never Stop to Use this Awesome Book! PLANT BASED HIGH PROTEIN COOKBOOK

Whenever you Cite veganism, there Is always Somebody Who Begins Criticizing it to the apparent deficiency of protein from the diet as if fish, poultry, eggs, and dairy would be the only protein sources on the market! But, Plant-based proteins may be equally as valuable should you consume a large array of these in proper quantities. It is a fact that one plant does not have all of the vital protein building blocks your body desires

(aka amino acids), however, a varied vegan diet will insure all of your dietary needs! Why would you want a high-protein diet anyhow? - If you are an athlete: extreme or prolonged exercise breaks down body cells and also you need protein to reconstruct them - If You are a girl of childbirth era, you eliminate some blood every month and want protein and iron to compensate for italso, you want a great deal of protein when expectant and recovering from childbirth - If you are More than 50 years old, then You Have to prevent your muscles from becoming smaller and smaller as you age - This Special curry cookbook by Heather Hearn concentrates on bringing one of the most delicious low-carb vegan foods you may envision. Here Is What you will find in the book: - Dozens and

dozens of mouthwatering vegan recipes! - A definite focus on low-carb vegan ingredients like lentils, peas, tofu, and lots of more! - Rich mixtures of leafy greens and vibrant vegetables to accompany the high-protein ingredient - Simple to follow step-by-step directions - Recipes that range from fast and easy to complex Even If you are not a vegan, then this book is completely worth researching. Plant-based foods ought to dominate any nutritious diet, and this book will reveal a few very inspirational meal ideas! A vegetarian diet does not need to be dull and low in protein! Do you need to discover more?

The Plant-Based Cookbook Ashley Madden 2021-03-02 An essential resource for your health—if we are what we eat, let's make every

(delicious) bite count! This cookbook will no doubt transform your kitchen, bringing new plant-based, whole food ideas to the table and offering easy yet healthy recipe solutions for everything from celebratory meals to rushed weeknight dinners. Ashley Madden is a pharmacist turned plant-based chef, certified holistic nutritional consultant, and devoted health foodie. A diagnosis of multiple sclerosis changed her whole life and approach to food, eventually shaping a new food philosophy and inspiring this book. The Plant-Based Cookbook is especially helpful for those with dietary requirements or food allergies as all recipes are vegan, dairy-free, gluten-free, and oil-free without compromising on taste or relying on packaged and processed ingredients. All-natural

recipes include: One-pot creamy pasta
Vibrant nourish bowls Decadent no-
bake cinnamon rolls A show-stopping
cheese ball Life-changing carrot cake
And so much more! Whether you
consider yourself an amateur home
cook or a Michelin Star chef, this
collection of recipes will inspire
you to turn whole foods into magical,
mouthwatering meals and give you
confidence to prepare plants in
creative and health-supportive ways.
*Vegan High Protein Cookbook: 50
Delicious High Protein Vegan Recipes*
Green Protein 2015-09-04
Congratulation For Making The
Difficult Choice Of Becoming A Vegan
To help you with your journey there
is a bonus book inside! Where the
TASTY Recipes can be made at a low
cost! It is a common believe that
people think vegans have a low level

of protein intake and that vegans'
lives are tasteless. Well if you're
looking at this book right now that
can only mean "Your about to prove
them WRONG!" And the answer is "Yes,
you can!" Within this book you will
not only find many simple, yet unique
protein rich recipes from breakfast,
lunch, dinner, soups, snacks, and
smoothies to suit your Vegan
lifestyle, but also each of these
delicious recipes are aimed to
provide your body with a balance
level of protein intake. We give you
everything you need to know about the
recipe such as: serving, prep time,
and most importantly Nutrition
values. So we can help you to keep
track of your healthy vegan
lifestyle. Here is what you going to
get in this book Information on Vegan
diet Protein Rich Breakfast recipes

Protein Rich Lunch Recipes Protein Rich Dinner Recipes Protein Rich Snack and Soup Recipes Protein Rich Smoothy Recipes Bonus \$3 Max Recipes Bonus \$5 Max Recipes Buy NOW and Enjoy!

High-Protein Vegan Cookbook Margaret Stewart 2019-11-30 [2020 Edition] If You're A Vegan And Worry If You're Getting Enough Protein, Read On... Whenever you mention veganism, there's always someone who starts criticizing it for the apparent lack of protein in the diet - as if meat, fish, eggs, and dairy were the only protein sources out there! However, plant-based proteins can be just as valuable if you eat a wide variety of them in appropriate amounts. It's true that a single plant doesn't have all the essential protein building blocks that your body needs (aka

amino acids), but a richly varied vegan diet will cover all your dietary needs! Why would you need a high-protein diet anyway? If you're an athlete: intense or prolonged exercise breaks down body tissues and you need protein to rebuild them. If you're a woman of child-bearing age, you lose some blood each month and need iron and protein to make up for it; also, you need lots of protein when pregnant and recovering from childbirth. If you're over 50 years old, you need to prevent your muscles from growing smaller and weaker as you age. This unique vegan cookbook by Margaret Stewart focuses on bringing you the most delicious high-protein vegan meals you can imagine. Here's what you'll find in the book: Dozens and dozens of mouth-watering vegan recipes! A clear focus on high-

protein vegan ingredients such as peas, lentils, tofu, and many others! Rich combinations of leafy greens and colorful vegetables to accompany the high-protein ingredient Easy to follow step-by-step instructions Recipes that range from quick and easy to sophisticated Even if you're not a vegan, this book is totally worth exploring. Plant-based foods should dominate any healthy diet, and this book will show you some really inspiring meal ideas! A vegan diet doesn't have to be boring and low in protein! Do you want to learn more? Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

51 Plant-Based High-Protein Recipes: For Athletic Performance and Muscle Growth Jules Neumann 2019-11-14 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.

Vegan Beans from Around the World
Kelsey Kinser 2014-03-25 "If you think you're bored of beans, have no fear: with Kinser's new book, you'll learn how simple beans can make adventurous vegan meals." –Parade
Hearty, protein-rich and delicious, beans are the perfect base for countless delectable dishes. Bringing them all together in a single volume, *Vegan Beans from Around the World* covers every taste sensation, including: Boston Baked Beans

Southwestern Chili Mexican Refried Beans Cuban Black Beans Colombian Red Beans African Curried Black-Eyed Pea & Coconut Soup Greek Lentil Salad Tuscan White Bean Soup Dutch Split Pea Soup South Indian Dal Tadka Korean Mung Bean Salad Japanese Red Bean Ice Cream "I love this cookbook . . . Easy recipes you can make without spending a fortune or an entire afternoon, and your family will actually want to eat them." –That Was Vegan? "Vegan Beans from Around the World definitely gives you a variety of flavors and great combinations! . . . I definitely recommend the book to any cook, not just vegan cooking!" –Simply Today Life "If I had someone who was looking to take a step away from meat and dairy, I would definitely recommend this book to them." –Holy

Cannoli Recipes

Vegan Protein Cookbook For Adults

After 50 Sarah Lee 2020-12 Vegan

Protein Cookbook For Adults After 50

Get your copy of the most unique recipes from Sarah Lee ! Do you miss the carefree years when you could eat anything you wanted?Are you looking for ways to relive the good old days without causing harm to your health?Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits!

Whether you want to spend less time in the kitchen, lose weight, save money, or simply eat healthier, meal prep is a convenient and practical option and your family can savor nutritious, delicious, homemade food even on your busiest days. In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prepare ahead of time, and even use your leftovers for other recipes.and detailed nutritional information for every recipe, Vegan Protein Cookbook For Adults After 50 is an incredible resource of fulfilling, joy-inducing meals that every home cook will love. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-

step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen.

Big Vegan Robin Asbell 2011-07-22
Veganism has been steadily moving toward the mainstream as more and more people become aware of its many benefits. Even burger-loving omnivores are realizing that adding

more plant-based foods to their diet is good for their health and the environment. **Big Vegan** satisfies both the casual meat eater and the dedicated herbivore with more than 350 delicious, easy-to-prepare vegan recipes covering breakfast, lunch, and dinner. Highlighting the plentiful flavors that abound in natural foods, this comprehensive cookbook includes the fundamentals for adopting a meat-free, dairy-free lifestyle, plus a resource guide and glossary that readers can refer to time and again. Eat your veggies and go vegan!

The Vegan Athlete's Cookbook Anita Bean 2021-09-30
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.

Vegan Boards Kate Kasbee 2021-02-02
The 50 plant-based boards and platters in Vegan Boards are incredibly beautiful to the eye and deliciously tempting to the palate.
MEATLESS COOKBOOK FOR VEGAN ATHLETES
Nick Warren Fleming 2020-12-16
Are you looking for meatless, high protein recipes for athletes? Are you trying to figure out if a vegan can excel in his sport despite a seemingly protein-free diet? "If you don't eat meat, you don't get protein!" This statement is as false as it is widespread among people. There are many people who think that, for example, it may be impossible for a body builder to train in a vegan lifestyle. Fortunately, things are slowly changing. In the world of sports, veganism, which is already a top eating phenomenon and lifestyle,

is taking shape. Olympians, body builders, boxers, and top athletes in the NBA and NFL have followed this lifestyle. Because of the lack of animal protein, athletes and body builders usually think that developing and training their muscles through a vegan diet is very difficult. Sometimes the lack of protein in the vegan diet makes you want meat you didn't give up. Even worse, you may forget the benefits of vegan lifestyle due to the lack of taste and flavor in common vegan recipes. Nature is a great healthy protein source, and many plant-based foods still have more protein than meat. In fact, these foods contain very little fat compared to meat, which, as we know, will increase cholesterol levels and the risk of heart attack. Initially this cookbook

is structured to give the right information for all those who want to start adopting a healthier lifestyle. Why you need to cut back on processed and animal-based products What to look out for when adopting this lifestyle Benefit from a vegan diet Why Athletes are running to Vegan Diet? What protein is and why we need it How much protein do we need? Stock your pantry: food guide for a vegan diet After this first part, once you have filled your pantry with the right ingredients, the book presents over fifty delicious recipes: protein-rich to be consumed throughout the day easy to prepare Make your vegan athletic journey a tasty one by learning from someone who's been there! With these lips smacking vegan and plant-based recipes, you will forget the taste of

meat. You want to know more? Buy now!
High Protein Vegan Cookbook Ross
Malan 2017-04-12 This Vegan Cookbook
Includes A Wide Variety of Healthy
And Delicious High Protein Vegan
Recipes! Get This Vegan Cookbook For
A Special Discount (50% off)Having
enough protein in your diet is very
important, and is key for maintaining
a healthy body. This is why many
people who start the vegan diet are
concerned about not consuming enough
protein. Many people do not realize
that you don't need to consume meats
and dairy products for protein. There
are many great sources of protein for
vegans! Below are a couple of great
protein sources for vegans. Some Good
Protein Sources for Vegans:* Tofu:
Tofu is probably the most well known
source of protein on this list. Tofu
is produced from soybeans, and is a

very flexible ingredient that you can
include in a wide variety of dishes.
It can also have a similar texture to
meat depending on how it is cooked.*
Beans: Beans are packed with protein
and plenty of nutrients. One cup of
beans contains around 15 grams of
protein. This is a great ingredient
for a variety of dishes.*
Quinoa:Quinoa is similar to rice,
except for the fact that it contains
9 grams of protein per cup, and
quinoa is a good source of complex
carbs. This is a great alternative to
rice.* Soy milk: Soy milk has similar
properties to dairy milk, such as it
contains high protein and can be used
for baking. But unlike dairy milk it
doesn't come from an animal and is
completely vegan diet friendly. We
hope you enjoy these high protein
vegan diet recipes. All of these

recipes have been handpicked because they contain healthy amounts of protein and no meat or dairy products for you to worry about.

Raw. Vegan. Not Gross. Laura Miller 2016-05-17 *Raw. Vegan. Not Gross.* is the debut cookbook from YouTube's Tastemade star Laura Miller.

The Great Vegan Protein Book Celine Steen 2015-02-15 *The Great Vegan Protein Book* showcases where and how vegans can find and prepare protein-rich foods, including over one hundred tasty and filling recipes.

Vegan Bodybuilding Cookbook Caroline Rossi 2020-10-27 Do you want to follow a healthy diet without eating meat? This recipe book is suitable for any type of person who wants to have a dry physique and follow a healthy and clean diet and not just for professional bodybuilders A

nutritious diet is a magic wand that can make a weak and painful person healthy and strong. There is an opinion that a bodybuilder can't live without meat, otherwise, where can he get protein to build muscle mass? In fact, the right diet based on plant foods is capable of growing a real successful bodybuilder, and there are many examples of this. How does a vegan bodybuilder manage to maintain excellent fitness and achieve solid results? What is the secret? *Meatless Power Cookbook for Athletes* will provide you all the answers, tips, and secrets on how to build the perfect plant-based diet & meal plan for improved health, better weight loss and more muscle gains. Also, you'll get plant-based recipes with a variety of delicious and nourishing dishes for every day, which will give

you health, energy, and great mood. For those who care about the right food, the author has compiled a collection of recipes for tasty, healthy salads, soups, and drinks, which will be a real gastronomic pleasure for the whole family! With the help of this book, you will get not only 50 of delicious vegan high-protein recipes, but you'll also learn: The basics of Vegan Diet (calories, protein, carbs, fat, vitamins & minerals) and how it can benefit not only your body and mind but also the world around us How to set up your proper vegan diet that is perfect for your needs and lifestyle How to build muscles and lose fat on your plant-based diet by optimizing your meal plan How much protein do you need and the top vegan protein sources Tips for transitioning into

Veganism Simple high protein vegan breakfast recipes Vegan high-protein main dishes How to make amazing vegan protein bars and much more... Who this Vegan Cookbook is for: Anyone wanting to learn the truth about vegan dieting & meal planning Anyone who wants to build muscle on a vegan diet Anyone wishing to learn how to cook delicious vegan high protein meals Vegan athletes Vegan fitness & health enthusiasts Let's start success together! Scroll up and click the "Add to Cart" button now!

Clean Sweets: Simple, High-Protein Desserts for One (Second) Arman Liew 2020-03-17 Second edition bonus: More delicious keto variations and comprehensive nutritional information Giving up dessert is no fun, so health-savvy folks have long tried to find ways to satisfy a sweet tooth.

But so many Paleo-style desserts are complicated—Whole30 doesn't even go there—and some keto sweets are total fat bombs! Arman Liew discovered a way to have his cake and eat it, too, with decadent creations that indulge the appetite and pack in the nutrients. From breakfast reinvented to no-bake treats, recipes include: Protein Peanut Butter Cups Dark Chocolate and Salted Caramel Waffles Molten Lava Cake White Chocolate Raspberry Bars There's no tapioca flour, coconut nectar, or xanthan gum to be found here. Make something sweet the moment the craving hits, from foods that are already in the cabinet. Add in terrific photography, and this is a book every health-conscious person should have on hand.

Plant Based High Protein Cookbook
Heather Hearn 2020-01-08 Why And Who

Would Benefit From a High-Protein Diet *ATHLETES: Did you know that if you are an athlete: extreme or prolonged exercise breaks down body cells, and therefore you need protein to reconstruct them. *WOMEN: Did you know that when blood is lost every month during menstruation, the body releases protein and iron. Blood loss & childbirth are the leading causes of iron and protein deficiency. It would be best if you had the right diet to compensate for this loss. Yes, your diet plays a massive role in this. *50+: Did you know if you are more than 50 years old, then you have to prevent your muscles from becoming smaller and smaller as you age. The natural protein that comes from your diet is needed. This unique cookbook by Heather Hearn concentrates on bringing some of the

most delicious low-carb vegan foods you may envision. This Incredible Cookbook Features: *Over 40 mouthwatering vegan recipes with photos from breakfast to dinner including desserts! *A definite focus on low-carb vegan ingredients like lentils, peas, tofu, and lots of more! *Rich mixtures of leafy greens and vibrant vegetables to accompany the high-protein ingredient *Simple to follow step-by-step directions *Recipes that range from fast and easy to complex BONUS: Weekly Meal Plan Even if you are not a vegan, this book is entirely worth the read. Plant-based foods should dominate any nutritious diet, and this book will reveal some very inspirational meal ideas. Plus, when people add high-protein to their diet, they usually lose fat and build muscle. A

vegetarian diet does not need to be dull and low in protein! The recipes in this book are proof that eating vegan can be just as exciting. This is the ultimate vegan dream cookbook. What you will love is this book will help you step outside your comfort zone and step into the beautiful world of a high-protein diet. Are you ready to start loving yourself? Scroll to the top of the page and select the buy now button. *High-Protein Plant-Based Diet for Beginners* Maya A. Howard 2021-09-07 An essential guide to optimal whole-food, plant-based protein sources, prep and cooking tips, and a 4-week meal plan for a manageable transition. Embarking on their journey, people who are beginners to plant-based eating often find themselves asking, "But where will I

get my protein from now?" The simple answer is: from plants! Plants are optimal protein sources, and yes, it is entirely possible to get your daily protein requirements exclusively from plants. In *High-Protein Plant-Based Diet for Beginners*, wellness leader and coach Maya A. Howard offers an invaluable guide that breaks down which plants have the highest protein content, shows you how to combine ingredients for complete protein meals, and features delicious everyday recipes that use a variety of high-protein whole-food plants, like vegetables, grains, legumes, nuts, seeds, and even fruit! *High-Protein Plant-Based Diet for Beginners* features:

- A beginner's guide to plant protein, including a handy chart showing the highest-protein plant foods and a

short tutorial on how to pair ingredients for a complete protein meal.

- Quick and easy recipes featuring high-protein options for every meal of the day (even snacks and desserts!), like Banana Oatmeal Bake, Sweet Potato Chia Pancakes, Chickpea Tortilla Soup, Kale Pesto Zucchini Linguini, Pineapple Fried Rice, Watermelon Poke Bowl, and Black Bean Fudge Brownies.
- An easy-to-follow 4-week meal plan, complete with helpful grocery lists and step-by-step prepping instructions that takes the guesswork out of your first four weeks.

High Protein Vegan Cookbook Greg Stone 2020-02-10 ★★ 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.

Plant-Based High-Protein Cookbook

Jules Neumann 2019-07-09 Build Muscle & Improve Your Physique This science-fueled cookbook is a complete guide to prepping 90+ plant-based, high-protein recipes optimized for athletes and sports(wo)men.

High Protein Vegan Cookbook Kathy Chase 2017-07-13 This High Protein Vegan Cookbook Includes Delicious And Easy Meals That Any Vegan Will Love! Get This High Protein Vegan Cookbook For A Special Discount (50%

off)Having enough protein in your diet is very important, and is key for maintaining a healthy body. This is why many people who start the vegan diet are concerned about not consuming enough protein. Many people do not realize that you don't need to consume meats and dairy products for

protein. There are many great sources of protein for vegans! Below are a couple of great protein sources for vegans. Some Good Protein Sources for Vegans:* Tofu: Tofu is probably the most well known source of protein on this list. Tofu is produced from soybeans, and is a very flexible ingredient that you can include in a wide variety of dishes. It can also have a similar texture to meat depending on how it is cooked.*

Beans: Beans are packed with protein and plenty of nutrients. One cup of beans contains around 15 grams of protein. This is a great ingredient for a variety of dishes.*

Quinoa:Quinoa is similar to rice, except for the fact that it contains 9 grams of protein per cup, and quinoa is a good source of complex carbs. This is a great alternative to

rice.* Soy milk: Soy milk has similar properties to dairy milk, such as it contains high protein and can be used for baking. But unlike dairy milk it doesn't come from an animal and is completely vegan diet friendly. We hope you enjoy these high protein vegan diet recipes. All of these recipes have been handpicked because they contain healthy amounts of protein and no meat or dairy products for you to worry about.

Vegan Diner Julie Hasson 2011-04-21 Finally, a collection of recipes that provides guilt-free comfort-food indulgence for vegans everywhere. With 125 recipes and more than 30 food photos, author Julie Hasson aims to introduce plant-based diner fare both savory and sweet. This new vegan classic covers breakfast, lunch, and supper from the diner-gone-vegan!

From pancakes, waffles, and luscious muffins to scrambles, faux Benedicts, and homemade sausage, this vegan cookbook has breakfast sizzling. Traditional lunches get a healthy new lease through clubs, open-faced sandwiches, soups, and pastas. Even filling casseroles, comforting mac-and-cheese, and slow-cooked stews are deliciously reinterpreted, followed by desserts ranging from shakes to creamy cheesecakes.

5-Ingredient Plant-Based High-Protein Cookbook J. Plants 2019-12-22 Get all the protein you need with these snap-of-a-finger recipes! Always having fresh, nutritious meals available can be a serious challenge when you're often busy and care about your physique. That's why this cookbook was developed; to make your life in-, and outside the kitchen easier. With

amazing combinations of only five ingredients, here are 76 inventive recipes that you can quickly prepare at home, any day of the week. From wholesome pancakes and puddings to exciting bowls and burgers, and hearty salads and snacks -- all 100% oil-free and good for roughly 25 % protein. Out of these 87 protein-rich recipes: - 82 are peanut-free - 72 are nut-free - 72 are gluten-free - 51 are soy-free All recipes list allergen-friendly substitutes. These dishes help you prevent waste and are all about great flavor, minimal hassle and compliment an active lifestyle. Mouthwatering photos, macronutrient breakdowns per portion and recommended storage times are included with every recipe, plus both US- & Metric-measurements! With the '5-Ingredient Plant-Based Cookbook',

you'll have access to a lifetime of nourishing, delicious meals with just five simple ingredients.

Vegan Meal Prep Kate Light 2019-12-02
Vegan Meal Prep is the ultimate guide for Get in Shape Easily While Saving Time! Vegan Meal Prep makes sure that you always have healthy, portion-controlled meals and snacks ready-to-go with fool-proof meal preps! Vegan diets provides the human body with carbohydrates, fiber, magnesium, potassium, folic acid, antioxidants, vitamins C and E, and proteins. Here are some health BENEFITS of going Vegan: * Improved Cardiovascular Health * Lower Blood Pressure * Avoid Prostate Cancer * Reduced Breast Cancer Risk * Weight Loss * Increased Energy * Healthy Skin * A Longer Life * Smell Better Aside from being a nutrition guide for beginners, "Vegan

Meal Prep" serves as a complete cookbook for healthy plant-based eating and weight loss. With over 100 delicious and plant-based high-protein recipes, "Vegan Meal Prep" contain weekly meal plans and shopping lists for a full month of vegan diet. This book contains several original recipes including smoothies, breakfasts and main courses. Some of the critical areas covered include: * Eating Healthy and Losing Weight * Understanding the Vegan Diet * Health Benefits of the Vegan Diet * Nutrition Guidelines * A 30-Day Vegan Meal Plan * Essential Vegan Recipes * 50 Plant-Based High-Protein Each of these recipes presents the servings, nutrition facts, preparation guide, and instruction to allow you to practice and learn more conveniently. "Vegan

Meal Prep" will be your handy companion as you work through and embark on your Vegan diet journey. So, what's stopping You? Invest in your health. Start prepping TODAY! GRAB A COPY now!

Plant - Based Diet Cookbook The Culinary Adventurer 2021-04-21 55% OFF for bookstores! Discounted retail price NOW at \$ 12.15 instead of \$ 26.99! Increase sales and traffic to your store with the Plant-Based Diet Cookbook. Did you know that every mouthful of food we take leads to either health or disease? Did you know that eating the right foods has the power to put an end to illnesses that have plagued your family for years? The food you eat can cause you to pile on weight or shed excess fat. It can clear up your bloodstream or clog it. Your diet could be the

reason you do not have a regular menstrual cycle. It could have contributed to a range of conditions including hypertension and diabetes. That's why we have put together a series of healthy recipes to illuminate the path to good health and improved quality of life. A plant-based diet can regulate your hormones and control your blood sugar level. It can rejuvenate your skin and hair. It can keep cancers away and prevent heart disease. We are self-published authors of a cookbook series. The Plant-Based Diet Cookbook is a great conversation starter and a must-have for your store. Your customers will keep coming back and will never stop using this great cookbook! Our previous clients were very satisfied and their customers trust our book. It is of top quality

and we never compromise on standards. We also make it a point to recommend all bookstores that sell our books. What does this cookbook contain? Benefits of a plant-based diet Who should go on a plant-based diet Plant-based sources of protein Breakfast recipes Snack recipes Lunch recipes Sides recipes Entree recipes Soup recipes Dinner recipes Salad recipes Smoothie recipes Dessert recipes The cookbook contains 50 delicious recipes, including the preparation and cooking time, as well as step-by-step instructions. The recipes require little time and effort and the ingredients are available in most supermarkets. The book also tackles some of the challenges readers will encounter when they embark on this diet. It will outline the way out of the carb

cloud and help them take a bold step towards a life of health. Our cookbook will fit right into your culinary, keto diet and/or healthy living section. Recommending our books to your customers is going to be easy as it is great for weight loss programs, healthy living, blood sugar level control, hormonal balance, and prevention and treatment of diseases. Give us a trial and you will be glad you did. Buy it NOW and give your customers a chance to get addicted to this amazing book.

Plant Based High Protein Cookbook

Sarah Cook 2020-02-05 Do you want to increase your muscles without relying on animal proteins diet? Do you want to learn to cook simple high-protein meals based on vegetables? There are many chronic diseases that can be prevented with a healthy lifestyle

and most of people don't even know that many plant foods have even more protein than meat. The high protein plant-based diet will help you improve your health, burn fat and increase your muscles. Among other things, in this book you'll find: Difference between animal and vegetable proteins Your body type What's the best protein for your body Delicious fast and slow protein recipes How to burn fat and increase your muscles Basic shopping listand more! Even if cooking isn't your favourite thing to do, in this book there are many simple recipes that will help you change your eating habits. What are you waiting for? Order now and start your change.

High Protein Bodybuilding Vegan Cookbook

Margaret Stewart 2020-02-08 If You're a Vegan Bodybuilder or an

Athlete and Worry If You're Getting Enough Protein, Read On... Whenever you mention veganism, there's always someone who starts criticizing it for the apparent lack of protein in the diet - as if meat, fish, eggs, and dairy were the only protein sources out there! However, plant-based proteins can be just as valuable if you eat a wide variety of them in appropriate amounts. It's true that a single plant doesn't have all the essential protein building blocks that your body needs (aka amino acids), but a richly varied vegan diet will cover all your dietary needs! Why would you need a high-protein diet anyway? If you're an athlete: intense or prolonged exercise breaks down body tissues and you need protein to rebuild them If you're a woman of child-bearing age,

you lose some blood each month and need iron and protein to make up for it; also, you need lots of protein when pregnant and recovering from childbirth If you're over 50 years old, you need to prevent your muscles from growing smaller and weaker as you age This unique vegan cookbook by Margaret Stewart focuses on bringing you the most delicious high-protein vegan meals you can imagine. Here's what you'll find in the book: Dozens and dozens of mouth-watering vegan recipes! A clear focus on high-protein vegan ingredients such as peas, lentils, tofu, and many others! Rich combinations of leafy greens and colorful vegetables to accompany the high-protein ingredient Easy to follow step-by-step instructions Recipes that range from quick and easy to sophisticated Even if you're

not a vegan, this book is totally worth exploring. Plant-based foods should dominate any healthy diet, and this book will show you some really inspiring meal ideas! A vegan diet doesn't have to be boring and low in protein! Do you want to learn more? Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

High-Protein Plant-Based Diet

Cookbook Nigel Methews 2020-02-06

★Are you looking for a sustainable PLANT-BASED HIGH-PROTEIN DIET over time that is not difficult to follow?★ ★★Would you like to be healthy but eating delicious PLANT-BASED HIGH-PROTEIN food at the same time? ★★ ★★Congratulations, you're in the right place!★★★ High-Protein Plant-Based Diet Cookbook - A complete guide for people, who want to obtain a sufficient amount of

Healthy Proteins and Important Nutrients with a Plant-Based Regimen & who want to develop new healthy eating habits Athletes and bodybuilders usually think it is very difficult to develop and train their muscles through a vegan diet due to the lack of animal protein. ★★But this is wrong!★★ Nature is a great healthy source of protein and many plant-based foods have even more protein than meat. Furthermore, this foods contain very little Carbas compared to meat, that, as we know, can elevate cholesterol levels and increase the risk of a heart attack. This book will clear out these misconceptions and provide more than 50 high protein recipes to fulfill your protein goals while maintaining health. A small taste of what you'll learn in this book: What Is a PLANT-

BASED HIGH-PROTEIN DIET? Ways to get protein when you are on a plant-based diet The best methods to eat the right amount of the plant-based protein every day Plant-Based Supplements Specific factors that impact your protein needs The plant-based proteins to intake for muscle building Delicious protein recipes And more... So, what are you waiting for? Scroll up and click the "BUY NOW" button CHOOSE which one you like more? The Book Available in 3 Editions: Kindle Editions Paperback - Full Color Paperback - Black & White Edition

The Vegan Bean Cookbook Andrea Soranidis 2021-11-30 The Easy Way to Make Standout Protein-Packed Meals The secret to creating memorable vegan meals that are better for your body, budget and busy schedules?

Beans! With 20-Minute Italian author Andrea Soranidis's easy, cost-effective and filling recipes, you'll learn to transform the humble bean from a pantry staple to the key to hearty, flavorful meals. Pump up the protein with lunches like the Next-Level Mushroom Bean Burger, Spring-Perfect Socca Pizza and Smoky and Spicy Chili Sin Carne, which will keep you full and energized all day. Get dinner on the table in minutes with Creamy Edamame Pesto Pasta or Asian-Style Mixed Bean Lettuce Wraps. Indulge in comfort foods like Classic Family Meat(less)loaf, a Sunday Skillet Chickpea Lasagna with Butternut Squash Sauce or Creamy Cannellini Fettuccine Alfredo. Best of all, you won't taste beans—only deliciousness—in healthier desserts like Banana Bread with a Pulse Twist,

Black Bean Chocolate Pudding and PB & Chickpea Chocolate Chip Cookies. Incredibly accessible, budget-friendly and satisfying, these vegan recipes will change the way you cook with and think about beans in a healthy plant-based lifestyle!

VEGAN DIET for ATHLETES and BODYBUILDERS Antony Day 2020 ***

Please note: Book is available in 2 formats - Kindle and FULL-COLOR Paperback. 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. So how can you be a vegan and build muscle at the same time? We all know that nature is an excellent source of protein. So why not healthily build

muscle without using meat products? We present you a book for athletes/bodybuilders, vegetarians, written by a nutritionist, vegetarian, and trainer on healthy eating. This vegan diet book is a complete vegan lifestyle guide. It is ideal for all athletes, bodybuilders who want to gain weight and build muscle, serious weightlifters, or for any fitness enthusiast. 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. Protein intake is the main concern for many athletes and bodybuilders who want to switch to a vegan diet. Therefore, we have provided all the necessary facts about a vegan diet in general and, in particular, about protein intake. We will share with

you simple and easy steps for how to become a vegan without harming your health. And these simple steps will help you to achieve your goal! So, from this book, you will learn: What is a Vegan diet? Plant-based diet vs Vegan diet - what's the difference? Is a vegan diet healthy? The benefits of a Vegan diet for health Beginning a Vegan diet Foods for a vegan diet - what you can and cannot eat Best high protein sources for vegetarian athletes Vegan diet: vitamins and supplements for athletes and bodybuilders How to start a vegan diet? The basics of vegan diets (calories, proteins, carbohydrates, fats, vitamins and minerals) for athletes and bodybuilders How much protein you need for your workouts? How to gain weight on a vegan diet? 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 Cookbook contains over 50 high protein plant-based recipes optimized for athletes, bodybuilders, any fitness enthusiast, and men 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 nutrient 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!

Plant Based High Protein Diet

Cookbook Dr James Nicholas 2020-07-18

This Cookbook highlights the ins- and- outs of vegan protein, including how to build muscle and lose weight, the best foods to eat to achieve a strong, healthy body, and recipes for healthy living. With more than 50 protein-rich, plant-based recipes. Make your plant-based diet effortless with these 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 dietary guidance. All include macro values, number of ingredients used and storage info for the fridge and freeze

High Protein Vegan Hilda Jorgensen 2012 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...

The Effective Vegan Diet Chef Effect
2017-04-23 How The Effective Vegan
Diet Will Lead You Toward a Healthier
Lifestyle! Unfortunately, these days
many people follow unhealthy diets;
and as a result, some end up dealing
with obesity, diabetes, heart
disease, osteoporosis (you will learn
about it in the book!), and even
cancer in some cases. Many people
underestimate the importance of their
diet and its effects on their lives.

Exercising regularly is crucial for a
healthy mind and body, but exercising
alone is not enough. It should be
combined with a healthy diet, and
that is the ultimate recipe for a
healthy lifestyle. Vegan Diet has
been very popular among many people;
however, there are still some
misconceptions about veganism among
many others. For example, some people
still believe that Vegan Diet is not
safe, because it does not fulfill
calcium, iron, and protein
requirements of your body. Wrong! For
instance, compare beef and spinach.
While the protein content of beef is
about 26%, spinach will give you 49%
of protein. The benefits of the Vegan
Diet are limitless, as long as you
follow a specific daily plan and
absorb all necessary nutrients your
body needs. Protein consumption is

the main concern of many who want to switch to the Vegan Diet. For that reason, in this book, we have provided all necessary and fundamental facts that you need to know about the Vegan Diet in general, and more specifically about protein consumption. Remember that, although your protein intake is very essential, a healthy diet must be focused on consuming various nutrients throughout the day. In summary you will learn about: Overall Tips and Ideas about the Vegan Diet Nutritional Benefits of the Vegan Diet Beauty and Overall Health Benefits 6 Health Issues Linked with Meat Consumption 4 Common Myths Surrounding Veganism How to Stock your Vegan Pantry, and so on... But that's not all - We have also included 50 delicious High Protein

Vegan Recipes, with very easy instructions that you can follow word by word. Some of these awesome recipes are: Protein Rich Vegan Omelet Tofu Quiche High Protein Buckwheat Parfait Vegan Chocolate Protein Shake Power Packed Granola Protein Rich Bean and Pasta Soup Moroccan Chickpea Salad High Protein Bean Burrito High Protein Vegan Pizza Spicy Peanut Soybean Noodles Fudge Brownies Vegan High Protein Ice Cream Matcha Chia Pudding, and so on... Get your copy of The Effective Vegan Diet today to learn about the tremendous benefits of the Vegan Diet. Find out how to lose weight, become more energetic, and start a healthier lifestyle. Chef Effect is committed to make a positive change in your lives. Enjoy!

The High-Protein Vegan Cookbook: 125+

Hearty Plant-Based Recipes Ginny Kay McMeans 2019-01-22 As a vegan, where do you get your protein? Nuts, grains, vegetables, fruits, and seeds all provide healthy fuel for the body, and in combination they make complete protein powerhouses that easily deliver this essential nutrient. Whether it is Multi-Layered Avocado Toast for breakfast, Acadian Black Beans and Rice for dinner, or No-Bake Chocolate Peanut Butter Cookies to satisfy a sweet tooth, blogger and recipe developer Ginny Kay McMeans has a protein-packed option for everyone. The High-Protein Vegan Cookbook highlights the ins- and- outs of vegan protein, including how to build muscle and lose weight, the best foods to eat to achieve a strong, healthy body, and recipes for DIY seitan. With more

than 125 protein-rich, plant-based recipes, McMeans proves that vegans don't have to skimp on this important nutrient. Recipes include: Southwest Scramble Breakfast Burritos Artichoke Quinoa Dip Slow Cooker Seitan Bourguignon Chocolate Cake Munch Cookies

Power Vegan Meals Maya Sozer 2017-12-26 High-Protein Vegan Meals for a High-Powered Lifestyle In Power Vegan Meals, Maya creates easy meals that are high in protein and flavor and low in prep time, so they're great for athletes as well as healthy, active people. Drawing inspiration from international cuisine and comfort food favorites, Maya has crafted over 75 diverse and flavorful gluten-free, soy-free, dairy-free and plant-based recipes that will keep you energized

throughout the day. Recipes range from BBQ Jackfruit with Red Cabbage Slaw and guilt-free Peanut Butter Chocolate Fudge Bites to probiotic-rich Home-Brewed Kombucha and Kimchi. Maya's Four-Seed Granola Bars provide the pre-workout fuel you need to train hard and her Pad Thai and Toasted Chickpea Tacos with Mango Relish make international favorites accessible, leaving you feeling happy, healthy and ready to take on the rest of your day. Whether you're new to the vegan lifestyle or are looking for a way to increase your protein intake, Power Vegan Meals is here to help you meet your health and fitness goals with energizing high-protein and probiotic-rich recipes. **Vegan Air Fryer Cookbook** Sabrina Malcontenta 2021-03-07 "55% OFF for Bookstores! Discounted Retail Price

NOW!!" Do your customers want to kickstart 2021 cooking with an Air Fryer but they don't know where to start? Do you want to make sure that by buying just one book they will come back to buy again and again? Then, You Need This Book in Your Library and... Your Customers Will Never Stop to Use and Gift It! ? - WHY THIS BOOK CAN HELP YOUR CUSTOMERS When you're cooking effortlessly, you brim with confidence and are ready to take on the world! Air fried vegan foods are a healthier alternative to traditionally fried foods, offering tons of scientifically proven health benefits, such as improving your appetite, cholesterol, blood pressure and reversing diabetes. Rest assured, your customer, the Air Fryer beginner, will learn how to master his Air Fryer in no time and stress-

free! Inside this smart cookbook, your customer will discover a variety of flavorful vegan recipes and a wonderful selection of traditional, modern and alternative recipes to suit any taste, palate and age. Your customers will find:

- Why Air Fryer is the best alternative to traditionally fried foods
- Tens of high-protein Vegan Air Fryer Recipes
- Affordable and easy-to-find ingredients: save money cooking budget-friendly recipes. □

Nutritional information: track daily calories. □ High-quality pictures Are you ready to leave a permanent imprint on the lives of your clients and their families? Click the "BUY NOW" Button, Buy THOUSANDS of Copies, and Let Your Customers Rob Your Library!!

High Protein Vegan Cookbook Alex

Anderson 2017-04-18 This Vegan Cookbook Includes A Wide Variety of Healthy And Delicious High Protein Vegan Recipes! Get This Vegan Cookbook For A Special Discount (50% off)Having enough protein in your diet is very important, and is key for maintaining a healthy body. This is why many people who start the vegan diet are concerned about not consuming enough protein. Many people do not realize that you don't need to consume meats and dairy products for protein. There are many great sources of protein for vegans! Below are a couple of great protein sources for vegans. Some Good Protein Sources for Vegans:

- * Tofu: Tofu is probably the most well known source of protein on this list. Tofu is produced from soybeans, and is a very flexible ingredient that you can include in a

wide variety of dishes. It can also have a similar texture to meat depending on how it is cooked.*

Beans: Beans are packed with protein and plenty of nutrients. One cup of beans contains around 15 grams of protein. This is a great ingredient for a variety of dishes.*

Quinoa: Quinoa is similar to rice, except for the fact that it contains 9 grams of protein per cup, and quinoa is a good source of complex carbs. This is a great alternative to

rice.* Soy milk: Soy milk has similar properties to dairy milk, such as it contains high protein and can be used for baking. But unlike dairy milk it doesn't come from an animal and is completely vegan diet friendly. We hope you enjoy these high protein vegan diet recipes. All of these recipes have been handpicked because they contain healthy amounts of protein and no meat or dairy products for you to worry about.