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Vegan: 35 High Protein Vegan Recipes for Weight Loss and Building Muscle

By Charlotte Moyer

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Congratulations on thinking about making the change to living the vegan lifestyle. If this is a new concept for you, then we honestly believe that you have made the right choice. If you have been living the vegan lifestyle for a while, and are just looking for some new ideas, we are equally thrilled that you are here as well. One issue that many people face when choosing the vegan lifestyle is getting enough protein in their diet. Protein is essential because it helps hair to look great, keeps nails strong, and provides a healthy glow to skin. Protein is also important because it helps keep bones strong and keeps the red blood cells working properly. Protein is also essential in producing enzymes that your body needs to digest all food properly. Most importantly, however, when you are trying to lose weight, it keeps you feeling full much longer. Therefore, you eat less food. You can enjoy a wide variety of foods including beans, quinoa, nuts, greens, broccoli, asparagus and tempeh. Each can be prepared...



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