



## Vegan High Protein Recipes: Delicious and Healthy Recipes for High Protein and Healthy Life(eating Vegan, Vegan Diet Plan, Vegan Diet Recipes, Vegan Diet Benefits, Vegan Meal Plan, Vegan Food, Weight Loss) (Paperback)

By K Kumari

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Protein in the Vegan Diet It is easy for a vegan diet to meet recommendations for protein, as long as calorie intake is adequate. Strict protein combining is not necessary; it is more important to eat a varied diet throughout the day. Some Americans are obsessed with protein. Vegans are bombarded with questions about where they get their protein. Athletes used to eat thick steaks before competition because they thought it would improve their performance. Protein supplements are sold at health food stores. This concern about protein is misplaced. Although protein is certainly an essential nutrient which plays many key roles in the way our bodies function, we do not need huge quantities of it. Only about one calorie out of every 10 we take in needs to come from protein. Vegan athletes, especially in the early stages of training, may have higher protein needs than vegans who exercise moderately or who are not active. Vegan athletes protein needs can range from 0.36 to 0.86 grams of protein per pound . Protein supplements are not needed to achieve even the highest level...



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