

Vegetarian Athletes Cookbook Delicious Recipes Ebook

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Summary:

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The Vegetarian Athlete's Cookbook: More Than 100 Delicious ... "Worried a veggie diet won't support your training regime? Anita Bean's latest book The Vegetarian Athlete's Cookbook will convince you otherwise." - Women's Running "A vegetarian bodybuilder might have seemed like an oxymoron before athletes such as Anita Bean. Best Vegan Cookbooks for Athletes - No Meat Athlete The No Meat Athlete Cookbook features 150 whole food, vegan recipes that are affordable and quick to get on the table, even on busy nights. In addition to the recipes, it includes meal-planning guidelines, nutritional info, adaptable "blueprint" recipes and more. The Vegetarian Athlete's Cookbook: More Than 100 Delicious ... Anita Bean's latest book The Vegetarian Athlete's Cookbook will convince you otherwise." - Women's Running "A vegetarian bodybuilder might have seemed like an oxymoron before athletes such as Anita Bean.

Vegan Athlete Cookbook: 101 Flavorful Plant-Based Recipes ... 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. The Vegetarian Athlete's Cookbook - Bloomsbury Publishing About The Vegetarian Athlete's Cookbook For anyone who takes fitness seriously--from committed to weekend athletes--the vegetarian recipes of bestselling author and nutritionist Anita Bean will fuel workouts and aid recovery. The Vegetarian Athlete's Cookbook - Bloomsbury About The Vegetarian Athlete's Cookbook. Written by bestselling author and nutritionist Anita Bean, packed with 100 delicious, easy to prepare recipes " many of which are suitable for vegans " and featuring attractive food photography, this book is for anyone who works out regularly and is looking to exclude meat from their diet.

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