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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.

*VEGAN DIET for ATHLETES and BODYBUILDERS: How to Build ...*

The High-Protein Vegan Cookbook is now published and ready to serve up some plant-based high-protein recipes. I swear you're going to love it! The book is big and beautiful and has full-color photos with every recipe. 125 recipes from appetizers into breakfasts, through snacks, lunch, and dinner.

*The High Protein Vegan Cookbook - Today! - Vegan In The ...*

...And more! Below you'll find a list of high-protein vegan recipes for every meal. (Note that not all of the recipes below include macro counts, but it's easy enough to calculate using Cronometer.com) 32 High-Protein Vegan Recipes 1. Roasted Red Pepper Hummus

*32 High-Protein Vegan Recipes*

This 10-minute dinner features the power trio of protein-packed legumes, seeds, and crisp greens. Quinoa is one of the few plant-based sources of complete protein, containing all nine essential amino acids. The runny, nutrient-rich egg yolk doubles as a silky dressing in this vegetarian main. 14 of 50

*50 High-Protein Vegetarian Recipes | MyRecipes*

It could almost be described as a meat-lover's vegan cookbook, since the recipes give plant-based protein the sort of center-of-the-plate prominence that people associate with omnivore diets.