



# **Vegan: PROTEIN RECIPES: 51 Healthy Protein Packed Recipes for Muscle Building, Toning, & Balanced Nutrition (Whole Foods, Plant Based, Dairy Free, Protein Recipes)**

*Candice Nielsen*

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## **Vegans Can't Get Protein? Biggest B.S...51 Delicious Recipes...**

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Look no further, "Vegan Protein Recipes: 51 Healthy Protein Packed Recipes for Muscle Building, Toning, & Balanced Nutrition", is Your Book. Inside the book we discuss the main Vegan protein sources then we jump right in, providing you with 51 high protein recipes! The recipes are divided into mealtimes: breakfast, lunch, dinner. We also provide customizable meals to get you going, and more...

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