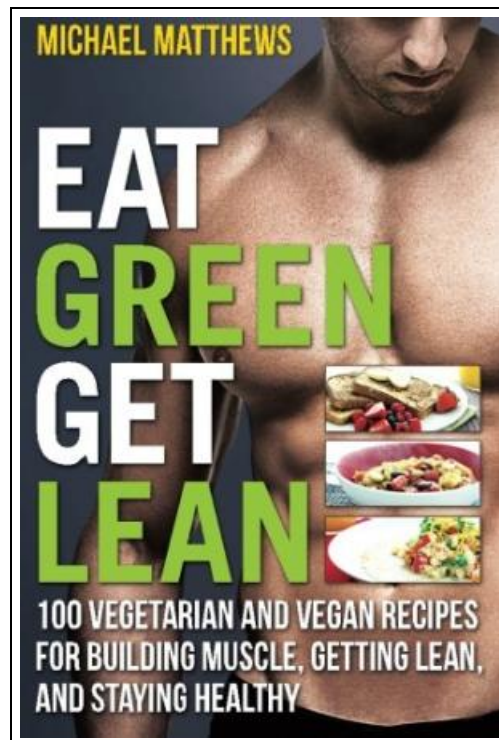


## Eat Green Get Lean: 100 Vegetarian and Vegan Recipes for Building Muscle, Getting Lean and Staying Healthy



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Oculus Publishers. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.8in. x 6.0in. x 0.8in. If you want to know how to build muscle and burn fat by eating delicious vegetarian and vegan meals that are easy to cook and easy on your wallet, then you want to read this book. Let me ask you a few questions. Do you worry that building muscle or losing fat is too hard as a vegetarian or vegan? Are you not sure of how to prepare food that is not only delicious and healthy but also effective in helping you build muscle and lose fat? Are you afraid that cooking nutritious, restaurant-quality meals is too time-consuming and expensive? Do you think that following a vegetarian or vegan lifestyle means having to force down the same boring, bland food every day? If you answered yes to any of those questions, don't worry—you're not alone. And this book is the answer. With it, you can cook fast, healthy, and tasty vegetarian and vegan meals every day (and on a reasonable budget) that will help you build muscle or lose weight, regardless of your current skills. In this book, you're also going to learn how to eat right without having to obsess over every calorie. These 9 scientifically proven rules for eating are the foundation of every great physique and can be, and they have nothing to do with following weird diets or depriving yourself of everything that tastes good. And the recipes themselves! In this book you'll find 100 healthy, flavorful recipes specifically designed for vegetarians and vegans that want to build muscle or lose fat. Regardless of your fitness goals, this book has got you covered. Here's a sneak peek of the recipes you'll find inside: 20 fast, delicious breakfast recipes (13 vegetarian and...

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