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The High-Protein Plant-Based Diet Cookbook - A complete guide for people, who want to obtain a sufficient amount of Healthy Proteins and Important Nutrients with a Plant-Based Regimen & who want to develop new healthy eating habits

Athletes and bodybuilders usually think it is very difficult to develop and train their muscles through a vegan diet due to the lack of animal protein.

But this is wrong!

Nature is a great healthy source of protein and many plant-based foods have even more protein than meat. Furthermore, these foods contain very little Carbs compared to meat, that as we know, can elevate cholesterol levels and increase the risk of a heart attack.

This book will clear out these misconceptions and provide more than 40 high protein recipes to fulfill your protein goals while maintaining health.

The recipes in this book are simple to make and delicious. However, feel free to come up with your recipes. As long as you make use of the core ingredients, you can experiment!

This book covers; Appetizer and Snack Recipes, Breakfast Recipes, Main Dish Recipes, Side Recipes, Vegetable Recipes, Dessert Recipes, and much more.

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