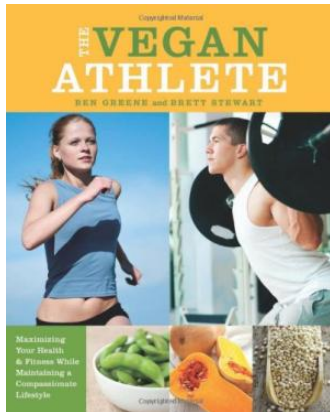


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## THE VEGAN ATHLETE: MAXIMIZING YOUR HEALTH AND FITNESS WHILE MAINTAINING A COMPASSIONATE LIFESTYLE (PAPERBACK)



Ulysses Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. BE YOUR BEST You can be vegan and still perform at the top of your ability--run your fastest, lift your max, cross the finish line first. Combining dietary know-how with exercise physiology and a full workout program, this book details everything the vegan athlete needs to maintain energy and build muscle, including: \*day-by-day meal plans \*protein intake recommendations \*the best calorie-rich foods \*optimal fitness techniques \*delicious...

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- Authored by Ben Greene, Brett Stewart
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