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Vegan Bodybuilding Thereâ€™s no branch of fitness more filled with dubious health claims and nutritional misinformation than bodybuilding. In fact, prior to the 1990s, many bodybuilders believed that they needed to subsist almost entirely on protein-rich meat, eggs, and dairy products.

Vegan Bodybuilding - Vegan.com

Brought to you by VeganBodyRevolution.com (VEGAN MUSCLE MEAL PLAN TEMPLATE) Muscle Workout Day Rest Day Fat Loss Workout Day (optional) Pre-Breakfast (immediately)

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EASY Vegan RECIPES - Compassion Over Killing

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Vegan Nutrition A basic guide for vegan strength athletes www.veganbodybuilding.org ... This is pretty much standard fare for the bodybuilding world 6-8 meals (that's 3 or 4 big meals and 3 or 4 snacks) a day at 2 hour intervals (or thereabouts) will be more than enough. Being sure to eat nutritious

Vegan Nutrition - Vegan Bodybuilding

athletes can succeed on a vegan diet, and more and more people are discovering a boost in health and performance from eating a plant-based diet. With this first publication of the OrganicAthlete Guide to Sports Nutrition, we hope to clear up some of the confusion surrounding vegan nutrition.

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