



# **VEGAN BODYBUILDING Diet: Includes 50 Vegan Recipes that will help you build muscle and feel healthier**

*Mariana Correa*

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## **VEGAN BODYBUILDING Diet: Includes 50 Vegan Recipes that will help you build muscle and feel healthier** Mariana Correa

Vegan Bodybuilding Diet is the best book for anyone who is looking to build more muscle, train harder and feel healthier. You will only achieve your goals if your body is healthy from the inside out. You will improve your performance through eating the right foods for you. This book includes a clear explanation of what you need to succeed and includes over 50 easy vegan recipes that will set you on the path of your best performance. Your connection with food is the biggest influence for your long-term well-being. The first thing to consider when you would like to make a change in your life is your diet. A healthy nutrition is the foundation of your strength training program and athletic development. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective. Enjoy this book with vegan desserts, vegan breakfasts, vegan dinners, vegan snacks, vegan lunches and more.

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