



**Vegan: High Protein Vegan Deficiency
Diet:Balancing Nutrition For Natural Weight
LOSS, Plant Based Diet Cookbook, Lean and
Green (The Protein Way Book 2)**

Patrick Stanwood

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Vegan: High Protein Vegan Deficiency Diet:Balancing Nutrition For Natural Weight LOSS, Plant Based Diet Cookbook, Lean and Green (The Protein Way Book 2)

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Balance is key

That Fundamental is key in all aspects of your life. For a number of reasons, but most of all balance is key for an optimal life.

The same goes for your nutrition, such as your macro-nutrients(Carb,Protein, Fat Consumption)

In order to live a fully energetic and optimal life, one must balance their macro-nutrients daily.

People Forget the importance of Macro-nutrient balance, there is so many benefits, but mostly if you do not maintain balance in your major nutrient categories then you will have a high chance of being malnutrition

Vegans and vegetarians have time to time again come across the struggle in balancing their protein intake.

The lack of protein causes one to become malnutrition which affects

-Food Craving/Mostly Sweets(Sugars)

-Oedema

-Energy Levels/ Mental Health

-Muscle Loss

-Joint Problems

-Prone To Injury

-Organ Failure

-Feel Weak/Constantly

-Hair Loss

I have been an active Vegan for the last two years and I can share the struggle in getting my daily Macros in, so as a chief

I Gathered all of my 40 of my personal favorite High Protein Vegan recipes that I have ran across in the last two years. These recipes Are all so taste and easy to follow and manifest. Plus all of these recipes average from 10 grams of protein and UP!

-All recipes come with nutrition labels

-All recipes are easy to follow and manifest

-Organic, NON-GMO

-The Balancing of Macro-nutrients will support Healthy FAT LOSS!

These recipes have helped balance my health for optimal living and energy to maintain it throughout the day, and now i share it with you...

I hope you enjoy just as much as I have.

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