



Vegan High Protein Cookbook: 50 Delicious High Protein Vegan Recipes

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Vegan High Protein Cookbook: 50 Delicious High Protein Vegan Recipes Green Protein **Congratulation For Making The Difficult Choice Of Becoming A Vegan**

To help you with your journey there is a bonus book inside! Where the **TASTY Recipes** can be made at a **low cost!**

It is a common believe that people think vegans have a **low level of protein intake** and that vegans' lives are tasteless.

Well if you're looking at this book right now that can only mean **"Your about to prove them WRONG!"**

And the answer is **"Yes, you can!"**

Within this book you will not only find many simple, yet unique protein rich recipes from breakfast, lunch, dinner, soups, snacks, and smoothies to suit your Vegan lifestyle, but also each of these delicious recipes are aimed to provide your body with a balance level of protein intake.

We give you everything you need to know about the recipe such as: serving, prep time, and most importantly **Nutrition values**. So we can help you to keep track of your healthy vegan lifestyle.

Here is what you going to get in this book

- Information on Vegan diet
- Protein Rich Breakfast recipes
- Protein Rich Lunch Recipes
- Protein Rich Dinner Recipes
- Protein Rich Snack and Soup Recipes
- Protein Rich Smoothy Recipes
- Bonus \$3 Max Recipes
- Bonus \$5 Max Recipes

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