



# **Vegan Cookbook:: 6 Ingredient, High Protein, EASY Recipes for NO MEAT Athletes and bodybuilders**

*Andrew Blakehall*

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## **Do you want simple, fast, inexpensive recipes that will help you maintain or gain muscle, while keeping fat at bay?**

As a long time Vegan Bodybuilder, I had a challenging time finding simple, quick, and easy ways to meet my daily protein and nutrition requirements. A lot of the cookbooks I found were crammed with exotic ingredients and intricate steps for preparation. I just wanted dishes that were based on whole, plant foods, that I could toss together in a jiffy. This book is for people who want to spend their hard work in the gym, not the kitchen!

-Andrew Blakehall

10+ Year Vegan

8+ Year Athlete, Bodybuilder, Marathon Runner, Coach.

My Profile:

[http://www.veganbodybuilding.com/?page=bio\\_blakehall](http://www.veganbodybuilding.com/?page=bio_blakehall)

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