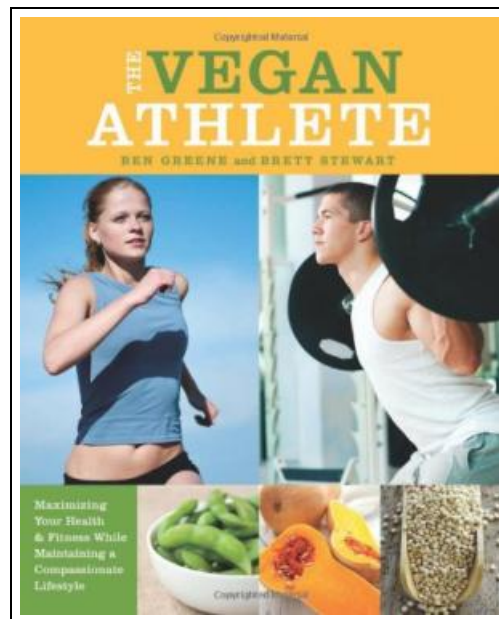


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Ulysses Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. BE YOUR BEST You can be vegan and still perform at the top of your ability--run your fastest, lift your max, cross the finish line first. Combining dietary know-how with exercise physiology and a full workout program, this book details everything the vegan athlete needs to maintain energy and build muscle, including: *day-by-day meal plans *protein intake recommendations *the best calorie-rich foods *optimal fitness techniques *delicious meat-free, dairy-free recipes The Vegan Athlete shows how a diet of natural plant proteins, essential amino acids and carefully balanced vitamins provides more than enough nutrition to fuel a lean, strong body. Thanks to this book, you can follow a full-body program for getting and staying in shape that is truly cruelty-free.

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