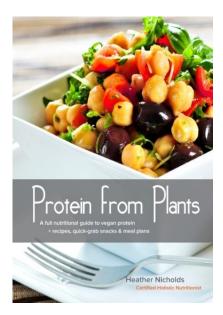
Protein From Plants: A full nutritional guide to vegan protein + recipes, quick-grab snacks & meal plans PDF



by Heather Nicholds : **Protein From Plants: A full nutritional** guide to vegan protein + recipes, quick-grab snacks & meal plans

ISBN : #0995917701 | Date : 2017-06-12 Description :

PDF-65c1c | Usually, one of the first questions vegans are asked is how they get protein, since animal foods are considered by many to be the ideal protein source--and some people think they are the only foods that contain protein. This book will give you a full understanding of protein, including how much you actually need and how to get more than enough from plant foods. Armed with the information, recipes ... *Protein From Plants: A full nutritional guide to vegan protein* + *recipes, quick-grab snacks & meal plans*

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