



The Vegan Athlete: Maximizing Your Health and Fitness While Maintaining a Compassionate Lifestyle

Ben Greene, Brett Stewart

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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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