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PROTEIN MEAL

PREP *High-Protein*

Vegan Dinners •

Tasty

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Vegan Breakfast

Ideas

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VEGAN MEALS | 5

Recipes = 173g

Protein **Quick High**

Protein Vegan Meals

| Full Day of Eating

~~High Protein Chili in~~

~~10 mins with Brian~~

~~Turner (Vegan)~~

Vegan High Protein

Full Day of Eating |

152g of Protein €

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~~What I Eat | High
Protein Vegan (100+
Grams) *no protein
powder* HIGH~~

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MEAL IDEAS High-
Protein Vegan Salad
Recipes (20g+) Top
10 Vegetarian Protein
Sources **VEGAN**~~

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WINTER | 8

**ingredients for
healthy meals (+**

PDF guide) EASY

VEGAN MEALS!

Autumn feels ONE

TRAY ROAST? 10

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~~Protein Sources (+ a~~

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~~FOR A WEEK OF~~

~~VEGAN FOOD |~~

~~Cheap \u0026amp; Easy~~

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TRUTH ABOUT

PLANT PROTEIN??

What I ate today

(vegan, low carb, lots

of protein, healthy) 5

Protein-Packed

Salads *HIGH*

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CARIBBEAN FEAST!
Whole Food
Meals Raw
VEGAN High Protein
VEGAN ONE TRAY
BAKES | perfect
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High Protein Veggie
Salad! FullyRaw
Vegan Recipe!HIGH
PROTEIN VEGAN
MEAL IDEAS (126g
PROTEIN) HIGH
PROTEIN VEGAN
LASAGNA | VEGAN

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TRAY BAKE |

AUTUMN DINNER

Vegan High Protein

Full Day of Eating |

MACROS INCLUDED

(BULKING) High

Protein Vegan Meal

Prep **High Protein**

Vegan Hearty Whole

There is no real secret to high-protein vegan food. Staples like beans, chickpeas and some soy as well

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as seeds and some nuts are what provide the proteins in these recipes. But there are some original takes on non-vegan food, some imaginative (and tasty) recipes to incorporate the variety of nutrients a vegan needs, and overall the book is very thorough.

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Vegan Hearty Meals, Raw Desserts

There is no real secret to high-protein vegan food. Staples like beans, chickpeas and some soy as well as seeds and some nuts are what provide the proteins in these recipes. But there are some original takes on non-vegan food,

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(and tasty) recipes to
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all Appetites comes
another collection of
hearty recipes - from
easy everyday meals
to gourmet feasts, all
with clear directions
and accurate timing.
Hilda brings her
signature style of
creating flavoursome
and satisfying food in
the simplest way

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Hilda brings her signature style of creating flavoursome and satisfying food in the simplest way possible to this book with its focus on high protein meals. High Protein Vegan focuses on nutritious, tasty and filling legume-based main meals, as well as

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raw desserts. With
over 100 recipes
accompanied by 90
colour photographs,
this book will motivate
you to create
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meals and desserts.

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Seitan is a popular protein source for many vegetarians and vegans. It's made from gluten, the main protein in wheat.

Unlike many soy-based mock meats, it resembles the look and texture of meat...

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... Sautee tomatoes, garlic, mushrooms, and spinach until tender, add the tofu, and then drizzle everything with a bit of soy sauce and lemon juice. With 36 grams of protein per serving, this is more than you need to start your day with a boost of energy.

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22 Delicious High-Protein Vegetarian and Vegan Recipes

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Source: Hearty High-Protein Lentil, Kidney Bean, and Chickpea Chili Loaded with lentils, kidney beans, and chickpeas, this chili by Logan Dunn and Lexus Osman is

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legume-based main
meals, as well as

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more
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