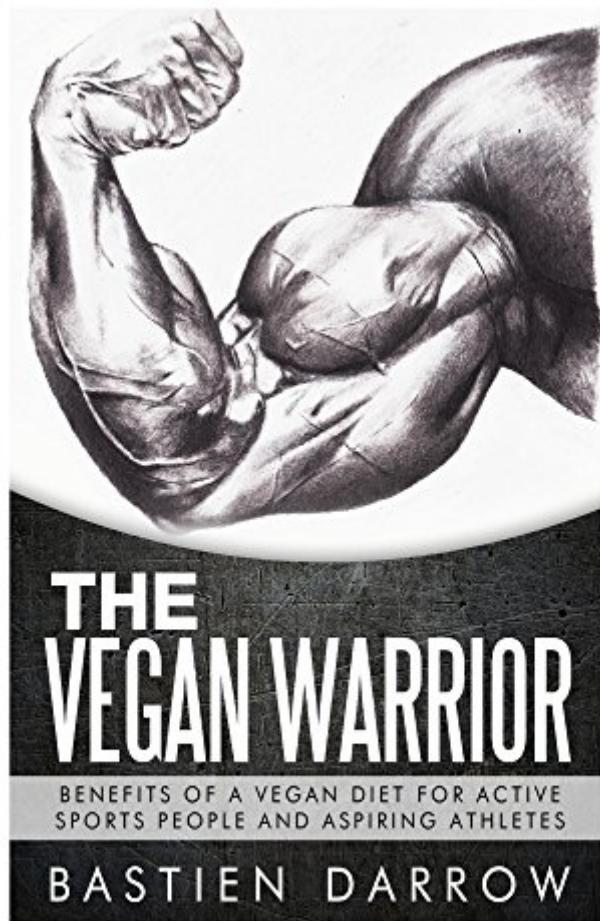


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# THE VEGAN WARRIOR: BENEFITS OF A VEGAN DIET FOR ACTIVE SPORTS PEOPLE AND ASPIRING ATHLETES



## Synopsis

Warriors Fight for Increased Performance With Vegan Diets Do you need more energy during your workouts, training, and competitions? Are you looking to find a way to increase your recovery time after extreme exertion? Have you ever wondered what you might have in common with some of the world's best athletes? What do they do differently than you do? Why do they seem to keep going and excelling consistently time after time? Where does their stamina come from? Did you know that some of the most famous fighters of all time, Roman Gladiators, ate a plant-based diet? Think about the strength required to fight off wild animals in a closed arena! Are you a vegetarian who is getting ready to make the switch to full vegan? Do you still eat a diet that is full of meat and animal products? Did you know that many people mistakenly believe that vegans are deficient in protein? Did you know that the US RDI of protein can be obtained by a vegan who would eat the following foods in one day: 1 cup soy milk, 1 cup oatmeal, 1 bagel, 2 slices whole grain bread, 2 TBSP peanut butter, 1 cup vegan baked beans, 2 TBSP almonds, 1 cup brown rice, 5 ounces tofu, and 1 cup of broccoli? Doesn't that sound delicious? What is the common thread that tie all of these questions above together? Making the change to a vegan diet! Why should you do this if you are an aspiring athlete? There are plenty of reasons - including how healthy you will be and feel!

High-performance athletes need to draw on reserves of energy, vitamins and minerals, and other essential nutrients that are needed in larger amounts than the average person would require. And guess what? You can get everything that you need from a vegan diet! In 2008, it was reported that there was 0.5% of the population in the United States who followed a vegan diet. By 2014, this number had jumped to 5% of the population being either completely vegan or vegetarians in the process of making the switch to a vegan diet. Many vegans start off on a vegetarian diet and then slowly omit any animal products from their diet and their lives. Veganism is gaining popularity for a variety of reasons, including better overall health, concern for the environment, and the ethical considerations of the animal rights movement. If you are an athlete who is looking to shine both on and off the field of your choice, consider becoming a vegan! Have other competitors asking what your secret is! Here is a preview of what you will learn by reading this book:

- What a vegan diet is
- The differences between a vegetarian and a vegan
- How to make the switch from eating meat to vegan, or from eating vegetarian to vegan
- Famous high-performance vegan athletes who are among the best in the world
- How a vegan diet increases your performance and why
- The best foods to eat on a vegan diet that are targeted at increasing your athletic performance
- Popular vegan supplements

## Book Information

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## **Customer Reviews**

I liked this book because it is a positive, brief, and informative summary of vegan eating with an emphasis on being a vegan athlete. I was able to finish the book in 30 minutes, and felt like I gleaned the salient points of staying healthy on a vegan diet without getting bogged down in details. I took off one star because I thought the chapter which featured bios of famous vegan athletes was too long and didn't serve my purpose for reading the book. In fact, I skipped over three quarters of it. Overall, a good read, though.

Anybody who is interested in bodybuilding or any athletic activities will likely already know much more than this booklet - I cannot really call it a book - can offer. It seems like a repost of a few internet sites the so called author has found on the matter.

Literally, more info can be found on the first page of a Google search than in this kindle book. Any review to the contrary is likely a fake review. I was really disappointed with the content of this book.

Very short would of liked more detail. Overall good introduction. Would like to read a follow up. Go veggie power

A good introduction to the plant based athlete. More could be added on the nutritional benefits of this kind of diet.

Not enough information

Good book!

This book helped me out so much. It exposed me to things, ideas, and concepts that I would have otherwise never been exposed to. It shed light on different diets like a high carb low fat diet, high carb vegan diet, healthy diet, high carb low fat diet, and low carb diet,. It also gave me some good insight on things like the low carb myth and carb cycling. It has really motivated me to change my life and make a difference. I've followed some of the tips in this book and I've already seen a huge difference in myself in just a couple of weeks. I feel more energetic and overall just more healthy.

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