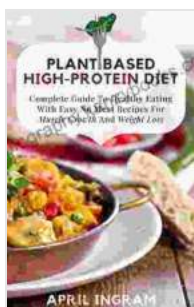


# Complete Guide To Healthy Eating With Easy No Meat Recipes For Muscle Growth

Are you looking for a complete guide to healthy eating with easy no meat recipes for muscle growth?

This book has everything you need to get started on a plant-based diet that will help you build muscle and lose weight.



## Plant - Based High - Protein Diet: Complete Guide To Healthy Eating With Easy No Meat Recipes For Muscle Growth And Weight Loss by April Ingram

★★★★☆ 4.7 out of 5

Language : English  
File size : 1927 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 91 pages  
Lending : Enabled



In this book, you will learn:

\* The basics of healthy eating \* The importance of protein for muscle growth \* How to get enough protein on a plant-based diet \* 50+ easy no meat recipes for muscle growth

These recipes are all:

\* High in protein \* Low in fat \* Easy to make \* Delicious!

With this book, you will have everything you need to start eating healthy and building muscle.

### **Here is a sample recipe from the book:**

**\*\*Vegan Lentil Tacos\*\***

**\*\*Ingredients:\*\***

\* 1 cup dried lentils \* 1 onion, chopped \* 1 green bell pepper, chopped \* 1 red bell pepper, chopped \* 1 (15 ounce) can black beans, rinsed and drained \* 1 (15 ounce) can corn, drained \* 1 teaspoon chili powder \* 1 teaspoon cumin \* 1/2 teaspoon salt \* 1/4 teaspoon black pepper \* 12 small corn tortillas \* Toppings of your choice (such as salsa, guacamole, sour cream, cheese)

**\*\*Instructions:\*\***

1. Rinse the lentils and pick over them to remove any debris.
2. In a large pot, combine the lentils, onion, green bell pepper, red bell pepper, black beans, corn, chili powder, cumin, salt, and black pepper.
3. Add enough water to cover the lentils by 2 inches.
4. Bring to a boil, then reduce heat and simmer for 30 minutes, or until the lentils are tender.
5. Drain any excess water.
6. Mash the lentils with a fork or potato masher.
7. Heat the tortillas in a skillet or on a griddle.
8. Fill the tortillas with the lentil mixture and your favorite toppings.
9. Enjoy!

**Free Download your copy of Complete Guide To Healthy Eating With Easy No Meat Recipes For Muscle Growth today!**

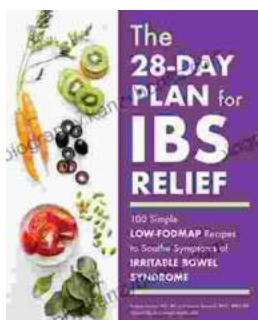
You won't be disappointed.



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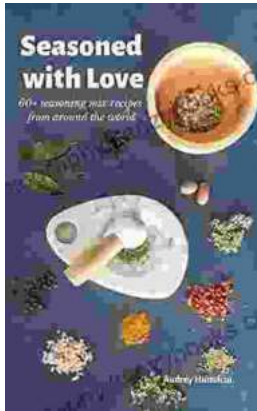
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