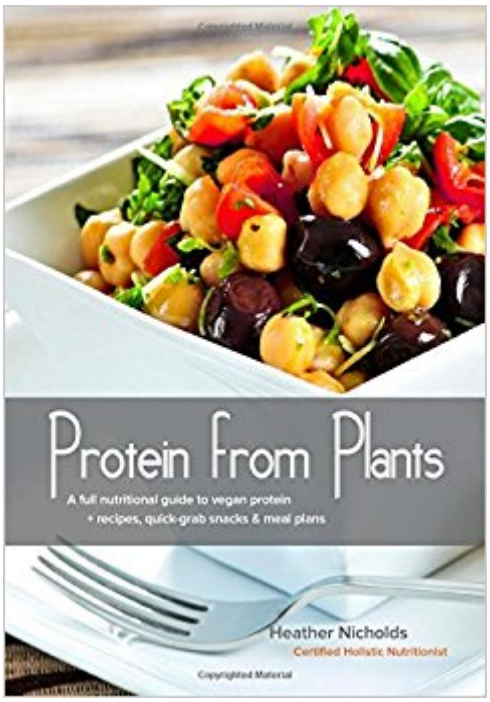
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Protein From Plants: A Full Nutritional Guide To Vegan Protein + Recipes, Quick-grab Snacks & Meal Plans



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Synopsis

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 and meal plans in this book, you will be confident and healthy as a vegan--and have the answers to those questions. This book is also for vegetarians and meat-eaters, since focusing more on the plant side of your plate is always a good thing, and you might be curious about how your vegan friends can be so healthy without meat.

Book Information

Paperback: 158 pages

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #585,715 in Books (See Top 100 in Books) #110 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #3534 inÃ Â Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

"This book is a phenomenal resource for plant-based living. Heather's well-researched nutrition information and delicious easy recipes will help you incorporate high quality protein in appropriate quantities for your needs as part of a balanced healthy lifestyle"- Tess Masters, author of The Blender Girl, The Blender Girl Smoothies, and The Perfect Blend. healthyblenderrecipes.com/"'But where do you get your protein'? It's the question that never goes away when eating vegan! Finally, we have a comprehensive resource on plant-based protein. In Protein from Plants, Heather delivers the straight facts about protein in the diet, addressing protein needs, protein sources, and all other questions and concerns. Combined with recipes and meal plans, this book is indeed an 'excellent source' for protein!"- Dreena Burton, author of Plant-Powered Families, Let Them Eat Vegan, Viva le vegan!, Eat, Drink &

Be Vegan, and The Everyday Vegan. PlantPoweredFamilies.com"'Protein from Plants' by Heather Nicholds is brilliant! Heather tackles the overly familiar subject of protein with her signature grace, accessibility, friendliness, and style. The book is laid out in a very user-friendly way, and includes key information and simple, nourishing recipes. This is the perfect book for anyone who's ever wondered about protein, or been asked 'Where do you get your protein?' Love, love, love it!"- Tess Challis, vegan chef, author, and wellness coach TessChallis.com"Worried about protein? The superstar of plant-based nutritionists Heather Nicholds dispels the long-standingÃ Â myths that you can't get enough of it as a vegan. You'll learn the science behind the important macroÃ Â nutrient andÃ Â how to incorporate her simple and effective meal plans and recipesÃ Â into your everyday routine, giving you the confidence you need to live fully andÃ Â healthfully while being powered by plants."- Nicole Axworthy, author of DIY Vegan AdashOfCompassion.com"The best information about protein all in one place! Yes you can get all the protein you need from plant sources. Heather explains protein needs in an easy-to-understand way, including types of plant protein available, and of course delicious recipes everyone will love. This is the perfect book for newer and longer-term vegans alike and makes the perfect gift to your friends and family who don't believe you can be vegan and meet all your nutritional needs."- Christy Morgan, "The Blissful and Fit Chef" BlissfulandFit.com

Heather Nicholds is a Registered Holistic Nutritionist who helps clients reconnect with food as a positive source of nourishment and energy. SheÃ¢â ¬â„¢s known for the attention and care she puts into each and every meal plan, each and every class or workshop, each and every recipe. She makes the healthy part flow effortlessly for you, and the meals so crazy delicious that youÃ¢â ¬â„¢ll wind up making them over and over again.

Great breakdown of protein nutritional needs and implementation of ideas into meals and meal plans. Heather’s meticulous attention to details is a credit to the complimentary healthcare industry in helping people navigate nutrition in a combination of science, nutrition and general yumminess.

This book is one of the best vegan recipe book. It has a lot of information and the recipes are quick, easy and taste great.

This book is well laid out, easily understandable, a great resource and a beautiful looking book! I’ve been using Heather’s recipes for several years now, and they are relatively easy and quick to make,

don’t use an overwhelming number of or exotic ingredients, but are really good, not to mention nutritious. Many have become my frequent go-to’s. I’m sure I will refer to the info and use the recipes in the book quite often!

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