



Ebook Directory
the best source of ebook

The book was found

Raw Vegan Bodybuilding: How To Gain Muscle And Get Shredded On The Raw Food Diet



Synopsis

Mastering the Inner Game of Muscle Gain! Discover How To Build Muscle On The Raw Vegan Diet! You're about to discover proven strategies on how to build muscle on the raw vegan diet and start your transformational journey toward your best physique ever. Way too many people struggle with building up their body. Most of them don't realize that while trying to do it, the things they eat and the way they train may be very harmful to their body in the long run. They just do all the wrong things. If you are struggling to gain muscle and haven't been able to see any changes in your body, it's because you are lacking an effective strategy and powerful information. This book will prove to be an invaluable resource to any newbie or veteran bodybuilder who wants to gain muscle mass in the healthiest and most natural way ever. Here Is A Preview Of What You'll Learn... Why And How The Raw Vegan Diet Is The Best Bodybuilding Diet. The Most Effective Methods Of Strength Training. Including Examples of Workouts, Reps & Sets Why Cooked Food And Animal Products Are A Big No No! Faster Recovery And Lean Muscle Gains! What To Eat For Maximum Energy, Before And After Physical Activity. How To Easily Transition To A Raw Vegan Diet. The Best Sources Of Proteins And Other Nutrients. How To Plan Your Meal And Get The Optimal Amount Of Calories. Much, much more! Grab your copy today!

Book Information

File Size: 3463 KB

Print Length: 144 pages

Page Numbers Source ISBN: 1506197175

Simultaneous Device Usage: Unlimited

Publication Date: June 18, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B0100L35HS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #245,851 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #146

in Â Books > Cookbooks, Food & Wine > Cooking Methods > Raw #180 in Â Kindle Store > Kindle

Customer Reviews

Excellent book i must say!!! I enjoy vegan eating lifestyle and this book has some great tips and techniques on maintaining and building up muscles while having vegan food. I loved the author way of writing , showing it with pictures and images which are impressive. The diet plan included is worth reading and if followed will definitely give us a healthy lifestyle.. Overall a great book and highly recommended!!!!

This is not your regular 30 pages vegetarian cookbook like many others, this is a full length life changing book. Although my intensive fitness days are over and I am not a vegetarian I found tons of great advice on why vegetarian diet is good for both body builders and regular people. If you are in bodybuilding and thinking of switching to vegetarian diet get this book, it will change your life. On little note to author: get this book professionally formatted, the value of text is fantastic but editing and formatting need work.

I have a friend who expressed interest in doing the vegan thing for working out. So when I saw this book for free I immediately jumped on it. I sent it to his Kindle and he loves it. My only gripe about this book is that my friend won't stop talking about and he recommends that I go vegan. Other than that, 5 stars!

I bought this book because I am a lacto, ovo vegetarian who does weight training and I have read other books on bodybuilding. The comment every bodybuilding book and website makes about a vegan diet is that it's hard to get enough complete proteins. Berko disagrees, especially if you go raw vegan as cooking leeches nutrients from the vegetables. She recommends the Graham diet of 80% carbs, 10% protein, 10% fat which is much different than most others I've seen. The pros: Berko gives a basic overview of the muscles involved with bodybuilding. Basic exercises and routines are described. The book includes some anatomic diagrams of the muscular system. She also provides some examples of meal plans. Berko explains vegan science without adding much political rhetoric or calling it the cure for cancer. There are some (apparently) patented techniques in the book like MaxPain. This can be either a pro or a con. MaxPain is simply a diminishing set where you have a goal to do 70 reps of a lift in as few sets as possible (aiming for 4). Only 2 minutes of rest between

sets. The cons: English is not her first language, evident immediately from the unedited foreword. Whoever edited the actual text did a decent job, but there is still a lot of awkward English. Her daily diet consists of 2-3 heads of lettuce. The second meal of one day includes "a head of lettuce." My target calorie intake to add bulk for weightlifting is over 3,000 calories. That is a whole lot of vegetables if you're 80/10/10! There are no diagrams of the exercises described. There is no system of Day 1: A, B, C for D reps with E minutes between... etc. You have to put it all together. She always has you train to failure, which other body builders disagree with on the merits. When you're lifting, this requires a spotter so you don't kill yourself in your garage (ie: wouldn't work for me at 5am). In all, I give this book 2 stars out of 5.

I appreciated that this book takes the time to enlighten the reader on protein myths, & what a natural diet can do for a person in terms of health, physically, spiritually, and mentally. I recommend this book to anyone and everyone who feels that their current chicken & broccoli diet is leaving them nutrient deficient, or if they want to feel purely amazing and eat the way people were MEANT to. Two thumbs up this is one of my favorites in a while :)

Great read! Simple to follow and understand. The author kept me interested by smoothly transitioning between topics using natural lead ins. It was a pleasure to read. If you are a long time vegan or vegetarian or are more recently trying out the lifestyle this book can help you. Useful for both men and women since the author addresses much more than just 'gaining muscle'. Excellent quick read that I would recommend to anyone interesting in improving themselves and the world around them.

Having been following the vegan lifestyle for 5 years, i have struggled with building muscle. But with the help and guidance of this book, the goal of building muscle seems a lot more practical. Highly recommended!

Being vegan and trying to build muscle isn't the easiest thing in the world, but it's possible. And with this book it becomes even more possible. I loved the whole structure of the book, and what I really appreciated was the fact that there were a lot of accompanying pictures and diagrams which helped tremendously. The author also provided a complete training regiment with sets and reps. I'd recommend it to any vegan out there wanting to build some muscle!

[Download to continue reading...](#)

Raw Vegan Bodybuilding: How To Gain Muscle And Get Shredded On The Raw Food Diet Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan Bodybuilding and Nutrition: A guide on how to build muscle and gain strength while executing a vegan diet. Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet

For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan Protein Smoothies: Superfood
Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan
Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: High Carb Low Fat
Vegan Recipes-Vegan Diet On A Budget (Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet,
Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)