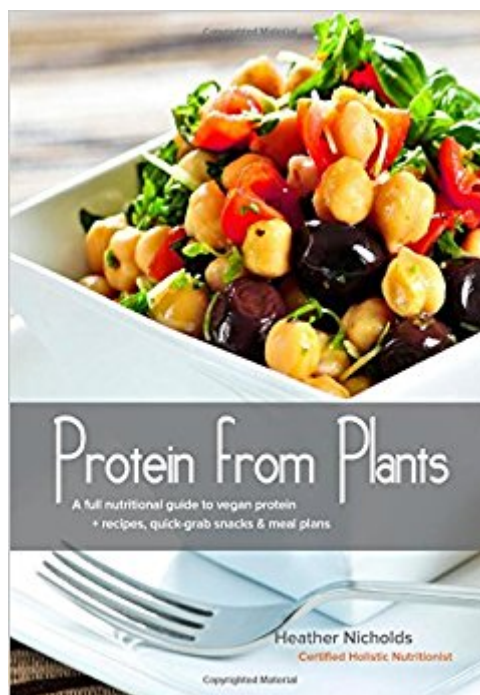




The book was found

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



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

Publisher: Library and Archives Canada (June 12, 2017)

Language: English

ISBN-10: 0995917701

ISBN-13: 978-0995917705

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

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 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#) #3534 in [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-standing myths that you can't get enough of it as a vegan. You'll learn the science behind the important macro nutrient and how to incorporate her simple and effective meal plans and recipes into your everyday routine, giving you the confidence you need to live fully and 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. She'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 you'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!

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

Protein From Plants: A full nutritional guide to vegan protein + recipes, quick-grab snacks & meal plans 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) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) 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: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) 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) DIY Protein Bars: 30 Delicious and Healthy DIY Protein Bars (diy protein bars, protein bars, high protein snacks) 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 Ideal Protein Diet Cookbook: Your Ideal Protein Nutrition Plan for Perfect Fitness and Wellness (Ideal Protein Diet, High Protein Diet, Perfect Protein Diet, Lose Weight, Protein Diet Plan) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) 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 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) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smooties) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy

Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) House Plants: A Guide to Keeping Plants in Your Home (House Plants Care, House Plants for Dummies, House Plants for Beginners, Keeping Plants in Your Home, DIY House Plants Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)