



Vegan Bodybuilding & Fitness: The Complete Guide to Building Your Body on a Plant-Based Diet

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Robert Cheeke has been at the forefront in ushering in a different way to fuel and nourish bodybuilders in an industry riddled with animal-derived body-enhancing supplements. One of the most prominent figures in vegan bodybuilding, his advice on diet, training, and other facets of the lifestyle make this book a fantastic resource. Readers will find guidelines on the mental and physical aspects of preparation necessary for undertaking the goal of becoming a bodybuilder. There's a section that provides an overview of nutrition, nutrient food sources, the function of nutrients in the body along with mass building menus for training, lists of resources for products, services and equipment that are completely vegan, and helpful information on which exercises yield the best results. Also included is advice on how to find sponsorship and make bodybuilding a career as well as how to take bodybuilding beyond a personal endeavor and use it for activism and outreach.

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From Reader Review Vegan Bodybuilding & Fitness: The Complete Guide to Building Your Body on a Plant-Based Diet for online ebook

Kerissa Taylor says

I don't agree with the philosophy of veganism, however I believe firmly in plant-based whole foods as your main diet with a flavor of meat if you want. This is a great book for anyone wanting a better understanding of fitness with this mindset. There are a few chapters and random mentions of veganism and it's philosophy and activism, but I just ignored that because my interest was more in exercise and nutrition with this lifestyle. Cheeke's new book Shred It is more in line with my thinking and beliefs however, minus the ethical reasoning for veganism.

Susan says

Excellent book. I am not looking to become a bodybuilder but it still has great info for those who are into fitness and the Vegan lifestyle.

David Jones says

Great book for vegans. Yes, there's nothing new in terms of working out or diet, but there is some info on other aspects of body building like getting sponsors.

In the end it's a must have for fitness vegan.

James says

Just finished, good book for the subjects covered. There are better bodybuilding books out there in regards to being more descriptive with exercise plans, but I did learn a lot. If you are a vegan or vegetarian this is a good resource. I also recommend Joe Mangienello's book: Evolution for nuts and bolts exercise regimens and Robert's for nutrition.

Paige says

Very little substance in the book. I felt like this was closer to an autobiography than a development/fitness/nutrition book.

The nutrition wasn't detailed enough either. For example one of the foods he lists to eat are burritos and green smoothies. Well that's pretty vague, I was expecting him to list what specifically to eat and list ingredients.

This book is also geared towards a male diet. I was hoping he would include a sample of a woman's diet as well.

Overall it's extremely vague, talks in detail about himself too frequently, with very little useful information I could apply to myself.

Lindsey says

I read this book for the novelty of the topic; I believe this is the only book out there on vegan bodybuilding. I also read this because I know that Robert is an awesome person. Most of the content is focused on bodybuilding (meal plans, supplements, exercises, competition and marketing advice), but there is a decent amount of content for a general audience too, such as motivation to make something of yourself, Robert's take on veganism and activism, and what the best vegan restaurants and cities are.

Chris M says

Good resource, lots of stuff to come back to!

Albert says

Suitable only for the absolute beginner. The book is nigh unreadable due to the excessive amount of amateur motivational speaker personal testimony from the author. The sample menus and workouts are minuscule and of little help. Overall it is very disappointing.

William Miles says

The author is passionate about his subject, but the book has very little substance.

Patrick says

While there were some useful bits of information in the book, it was mostly dedicated to the author talking about how awesome he is. There are significantly better vegan nutrition/fitness books

Andreas Michaelides says

If you want to seriously involve with bodybuilding based on a vegan diet then this is the book for you, it covers everything from what kind of food to eat, what kind of exercises to do, marketing yourself, everything, you will save a lot of money and time if you read this book and you will have a head start.

Maxim says

There were some cool little tips and ideas in it, but damn.... that guy loves to talk about himself.

ayejdubb says

I tried the Nutritional Journal and I've noted the Sample Training Program Without Weights on pages 118-119.

David Agranoff says

Read it, use it!
