



Vegetarian: 50 Days of Vegetarian Recipes

Valeriu Cotet

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If you're a man who struggles with his vegetarian diet and you often run out of ideas when it comes down to cooking and you are almost ready to give up to this lifestyle...

Ignoring this problem only makes it worse and puts you at risk: your mood will change into a bad one, you will feel less confident, you will feel weak (like giving up) and you will prove to all the people that you can not finish something you started (the vegetarian lifestyle you have chose).

While many people lament the nutritional disadvantages of a poorly planned vegetarian diet, few stress the health advantages of adopting a vegetarian or vegan diet. In this article, I will cover the major three nutritional advantages of becoming a vegetarian. The first major advantage of a vegetarian diet is increased heart health. Vegetarians, on average, consume more nuts (often as a supplemental form of protein).

Nuts contain "good" fats, such as omega-3 and omega-6. This promotes good heart health by reducing "bad" cholesterol and unclogging arteries. In addition to nuts, vegetarians also consume more soy milk (often to replace milk), which reduces "bad" cholesterol and has been linked to good heart health. The second major advantage vegetarians enjoy is increased skin health. In addition to consuming larger quantities of nuts (which contain healthful oils), vegetarians tend to consume more fruit and vegetables, which are rich in essential vitamins, including A and E, which are linked to good skin health.

Fruits and vegetables also contain high amounts of fiber, which helps flush toxins out of the body, further contributing to better skin health.

The last health advantage vegetarians enjoy is an increased natural consumption of antioxidants. Antioxidants are foods that help prevent cancer by destroying free radicals. Vitamin C and Vitamin E, two strong antioxidants, are commonly found in vegetarian meals.

I know how you feel, but I found a way out and I can show you how I have been able to maintain a vegetarian diet for over 3 years with no cheating. At first it was hard for me, but I nailed it. You know why? Because I did self-development and I encourage you to do the same.

A vegetarian can be fit, can build muscle, can have energy, can live like a normal man. Actually I am wrong. A vegetarian usually has more energy and a better mood because of the foods he eat. A normal man or woman often eats wheat-based products which leads to a laziness mood (high carbs, especially breads, will turn your body in an anabolic state - the sleep state - and it will make you feel heavy, bored, find it out to focus etc). Imagine what it will feel like to be fit, healthy and trim + an amazing chef :) Here's what you will get with the kit:

Salad recipes, Burgers recipes (vegetarian of course), tempeh, peanut stew, butternut squash and much more. [For all the recipes access the book preview']

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