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# 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!

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## 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!

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