



Vegetarian Bodybuilding: Going green

Tony Salvitti

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Tired of eating cardboard like food? Being low on energy? Or always in a bad mood? With 'Vegetarian Bodybuilding', not only will you find a plethora of delicious easy to make recipes. You will boost your serotonin levels (unlike high protein diets) and fill your muscles bulging with glycogen and power! Recover faster from workouts and save a huge amount of money on your grocery bill. Everything can be made with these simple to follow recipes with a minimum of effort. Why spend time pre-packaging meals just for your self? When you can create delicious meals for your family and friends, that they can enjoy with you and stay healthy too!

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Stacey Thompson:

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