



STEP-BY-STEP NUTRITION GUIDE TO MEET YOUR VEGAN NEEDS

+ sample meal plans to show how
to reach your nutrition goals

**5 DAY
TRAINING SPLIT**
can be done at home!

**10 DELICIOUS
HIGH
PROTEIN
VEGAN
RECIPES**

because if you
don't love it,
you won't do it!

THE VEGANPROTEINS.COM

OVERHAUL

28 DAYS TO UPPING YOUR GAME