
SPARTAN VEGAN



THE MEATLESS SPARTAN

Contents

Introduction	4
Chapter 1: The Vegan Journey For Health & Performance	9
Why Go Vegan?	9
The Immense Benefits	12
Do Your Own Research – Seek The Truth	14
Chapter 2: Debunking The Myths.....	18
Myth #1: Vegans don't get enough protein in their diets.	19
Myth #2: If you can't eat meat, then you can't build muscle to become strong.	19
Myth #3: Vegans are weak.	20
Myth #4: Vegan diets are not healthy.	20
Myth #5: You will have to supplement holes in your diet with vitamins if you go vegan, which will end up costing you more money.	21
Myth #6: Veganism is an eating disorder.	22
Myth #7: Veganism is "white."	23
Myth #8: Vegans only eat vegetables and the food tastes horrendous.	24
Chapter 3: Vegan Athletes With More Muscle Than YOU	27
Venus Williams	27
Mike Tyson.....	28
Mac Danzig.....	29
Hank Aaron.....	31
Tony Gonzalez.....	32
Chapter 4: Fueling the Vegan Warrior	36
Vegan's Sources of Macro-and-Micro-Nutrients	37
When To Take Supplements?.....	42
Chapter 5: Vegan Warrior Workout Plan	46
The Warrior's Beginning	47
Diet Tips For Vegans	48

Introduction

“Vegan Warrior: Green Athletic Fitness Blueprint” contains proven steps and strategies on how to begin your own vegan diet, how to maintain and acquire the type of body you wish on a vegan diet and presents to you athletes and prominent individuals who debunk some of the greatest myths when it comes to the world of vegan eating.



Many individuals believe that a vegan lifestyle is not a lifestyle conducive to muscle building or psychological health. Many

believe vegans cannot possibly obtain the protein sources they need in order to keep their bodies working efficiently, and others believe that a vegan lifestyle is not one that should be held for the long haul. Many people are under the assumption that, in order to live a healthy and productive life inside (and outside) of the gym that one has to consistently chug protein shakes and energy supplements in order to improve performance.

Well, we are here to let you know that none of these are true. This book will have real-life athletes who not only live a vegan lifestyle, but prove that performance and muscle-building are not simply based around the idea of laboratory-manufactured and animal-based protein sources. This book will talk about the true dietary needs of vegans and where they get their sources from, and it will compare the types of nutrients and proteins other dietary lifestyles obtain in order to show that vegans do not simply go without, they just choose to broaden their food-based horizons.

Not only that, but many people believe that a vegan lifestyle cannot possibly give someone the energy they need in order to go workout in a gym for two hours. Well, not only will this be yet another myth debunked within the pages of this book, but it will also be something we address in full. That is, we will outline

various workout plans and routines that will benefit the vegan lifestyle you have chosen (or are, at least, curious about) in order to achieve the physical benefits you want for your own body.



Yes, it is possible to build muscle on a vegan diet, and yes, it is possible to keep up those cardio-based marathons on a vegan diet. In fact, you will be

genuinely surprised as to how similar the workout routines are of those who “eat vegan” and those who do not.

Vegans are not individuals who shove their beliefs down someone’s throat. They are individuals who are merely passionate about abstaining from the use of animal products. They do not consume them and, in some individuals, they even attempt to not use them. Are there extremists? Yes, but there are extremists in every healthy lifestyle.

Within the pages of this book will be dietary outlines for those who are (or want to be) vegan, exercise guidelines for those eating this type of food lifestyle, and athletes that will be