

vegan meals for gaining muscle

Vegan Meals for Gaining Muscle: Fueling Your Plant-Based Strength Journey

Vegan meals for gaining muscle have become increasingly popular as more athletes and fitness enthusiasts embrace plant-based lifestyles. Whether you're a seasoned bodybuilder or just starting your muscle-building journey, understanding how to craft nutrient-dense, protein-packed vegan meals is key to achieving your strength goals. Contrary to some misconceptions, building muscle on a vegan diet is not only possible but can be highly effective when done correctly.

Why Choose Vegan Meals for Gaining Muscle?

Plant-based eating offers numerous health benefits, including lower cholesterol, reduced inflammation, and a rich supply of antioxidants. For muscle gain, vegan meals provide ample opportunities to incorporate diverse protein sources, complex carbohydrates, and healthy fats—all vital components for muscle repair and growth.

The idea that animal products are the only way to get enough protein is outdated. Today, with a variety of plant-based protein options and supplements, vegans can meet or exceed their daily protein needs. Plus, vegan meals often come with added fiber and micronutrients that support overall recovery and performance.

Key Nutritional Components for Muscle Growth on a Vegan Diet

Protein: The Building Block

Protein is essential for muscle repair and hypertrophy. Vegan sources rich in protein include:

- **Legumes:** Lentils, chickpeas, black beans, and peas are fantastic options.
- **Tofu and Tempeh:** These soy-based products are complete proteins, meaning they contain all nine essential amino acids.
- **Seitan:** Made from wheat gluten, seitan is dense in protein and has a meaty texture.
- **Quinoa and Amaranth:** These grains provide complete protein profiles.
- **Plant-Based Protein Powders:** Pea, rice, hemp, and soy protein powders help meet protein targets conveniently.

Balancing these sources throughout the day ensures you get a full spectrum of amino acids needed for optimal muscle synthesis.

Carbohydrates: Energy for Workouts

Carbs fuel your training sessions and replenish glycogen stores post-exercise. Complex carbs like sweet potatoes, brown rice, oats, and whole-grain pastas provide sustained energy and fiber. Including a variety of colorful vegetables also supports nutrient density.

Healthy Fats: Supporting Hormonal Health

Don't overlook fats—they play a pivotal role in hormone production, including testosterone, which affects muscle growth. Sources such as avocados, nuts, seeds (flaxseed, chia, hemp), and olive oil offer omega-3 and omega-6 fatty acids critical for recovery.

Micronutrients to Watch

Certain vitamins and minerals are crucial for vegans focusing on muscle gain:

- **Vitamin B12:** Often low in vegan diets; consider fortified foods or supplements.
- **Iron:** Plant-based iron is less bioavailable but can be enhanced by pairing with vitamin C-rich foods.
- **Zinc:** Found in nuts, seeds, and whole grains; important for immune function and recovery.
- **Calcium and Vitamin D:** Vital for bone health; opt for fortified plant milks and regular sunlight exposure.

Crafting Vegan Meals for Gaining Muscle

Breakfast: Power-Packed Starts

Starting your day with a nutrient-rich breakfast sets the tone for muscle-building success. Here are some ideas:

- **Protein Smoothie Bowls:** Blend pea or hemp protein powder with spinach, frozen berries, banana, and almond milk. Top with chia seeds, nuts, and granola.
- **Tofu Scramble:** Sauté crumbled tofu with turmeric, veggies like bell peppers and spinach, and serve with whole-grain toast.
- **Overnight Oats:** Combine rolled oats with soy milk, flaxseeds, peanut butter, and a scoop of plant-based protein powder.

Lunch and Dinner: Balanced and Filling Plates

These meals should focus on combining protein, complex carbs, and fats for sustained muscle growth:

- **Quinoa Salad with Chickpeas and Avocado:** Toss quinoa with chickpeas, cherry tomatoes, cucumbers, avocado, and a lemon-tahini dressing.
- **Stir-Fried Tempeh with Vegetables:** Cook tempeh in a savory sauce with broccoli, snap peas, and carrots. Serve over brown rice or noodles.
- **Seitan Tacos:** Use seasoned seitan strips in corn tortillas with black beans, salsa, and guacamole.

Snacks to Support Muscle Repair

Snacking strategically can keep amino acid levels steady and aid recovery:

- Roasted chickpeas or edamame
- Nut butter on whole-grain crackers or apple slices
- Homemade energy balls with oats, nuts, and protein powder
- Vegan yogurt with mixed seeds and berries

Tips to Maximize Muscle Gain on a Vegan Diet

Track Your Macronutrients

It's important to monitor your calorie intake and macronutrient ratios to ensure you're in a slight calorie surplus with sufficient protein. Apps and food diaries can help you stay on track and make adjustments as needed.

Focus on Protein Timing

Consuming protein evenly throughout the day promotes better muscle protein synthesis. Aim for 20-30 grams of protein every 3-4 hours, especially around workouts.

Experiment with Meal Prep

Preparing meals ahead of time ensures you have healthy, protein-rich options ready, preventing last-minute choices that might lack the nutrients needed for muscle growth.

Incorporate Resistance Training

No matter how optimized your vegan meals are, muscle gain requires consistent strength training. Pair your nutrition plan with progressive overload exercises for best results.

Don't Forget Supplement Support

While whole foods are ideal, some vegans benefit from targeted supplements like creatine, B12, and omega-3s from algae oil to enhance performance and recovery.

Popular Vegan Muscle-Building Recipes to Try

Lentil and Sweet Potato Shepherd's Pie

This hearty dish combines lentils and sweet potatoes for a complete protein and carbohydrate boost. It's loaded with fiber, complex carbs, and plant-based protein that supports filling and muscle repair.

Chickpea and Spinach Curry

Chickpeas offer a solid dose of protein and fiber, while spinach provides iron and

antioxidants. This flavorful curry pairs well with brown rice for a balanced meal.

Vegan Protein Pancakes

Using oats, banana, flaxseeds, and pea protein powder, these pancakes make a delicious and protein-rich breakfast option perfect for muscle gain.

Embracing vegan meals for gaining muscle is an exciting journey that combines mindful nutrition with purposeful training. By focusing on diverse plant proteins, balanced macros, and nutrient timing, you can build strength and muscle effectively without animal products. The world of plant-based muscle-building is full of delicious, creative meals that nourish your body and fuel your fitness goals—one vibrant plate at a time.

Frequently Asked Questions

What are the best vegan protein sources for gaining muscle?

Some of the best vegan protein sources for muscle gain include lentils, chickpeas, tofu, tempeh, seitan, quinoa, edamame, and plant-based protein powders like pea or rice protein.

How can vegans ensure they get enough protein to build muscle?

Vegans can ensure adequate protein intake by consuming a variety of protein-rich plant foods throughout the day, combining different sources like beans, grains, nuts, and seeds, and considering supplementation with vegan protein powders if needed.

Which vegan meals are ideal post-workout for muscle recovery?

Ideal post-workout vegan meals include a combination of protein and carbohydrates, such as a tofu stir-fry with brown rice, a smoothie with pea protein, banana, and spinach, or a chickpea and quinoa salad with mixed vegetables.

How many grams of protein should vegans consume daily to gain muscle?

Vegans aiming to gain muscle should consume approximately 1.6 to 2.2 grams of protein per kilogram of body weight daily, depending on their training intensity and goals.

Are there any essential amino acids vegans need to pay attention to for muscle growth?

Yes, vegans should ensure they consume all essential amino acids, especially leucine, which is crucial for muscle protein synthesis. This can be achieved by eating a variety of protein sources such as legumes, grains, nuts, and seeds.

Can vegan diets support muscle gain as effectively as omnivorous diets?

Yes, with proper planning and adequate protein intake from diverse plant-based sources, vegan diets can support muscle gain effectively and provide all necessary nutrients for muscle growth.

What are some easy-to-make vegan meals rich in protein for muscle building?

Easy vegan meals rich in protein include lentil curry with brown rice, chickpea and spinach stew, tofu scramble with vegetables, and black bean burgers with whole-grain buns.

Should vegans consider supplements for muscle gain?

Vegans may consider supplements like vegan protein powders, creatine, and vitamin B12 to support muscle gain and overall health, but whole foods should be the primary source of nutrients.

Additional Resources

****Unlocking Strength: The Role of Vegan Meals for Gaining Muscle****

Vegan meals for gaining muscle have increasingly become a focal point in nutritional science and fitness communities, challenging longstanding assumptions that animal-based proteins are indispensable for muscle development. As plant-based diets gain popularity not only for ethical and environmental reasons but also for health benefits, athletes and fitness enthusiasts are exploring how vegan nutrition supports muscle hypertrophy and recovery. This article delves into the intricacies of vegan meals for gaining muscle, examining their nutritional profiles, potential challenges, and effective strategies to optimize muscle growth on a plant-based regimen.

Understanding Muscle Gain and Nutritional Requirements

Muscle gain fundamentally depends on the balance between muscle protein synthesis and breakdown, which is influenced by factors such as training stimulus, hormonal milieu, and crucially, dietary intake. Adequate protein consumption, quality of amino acids, and overall

caloric surplus are essential elements in this equation. Traditional muscle-building diets emphasize animal proteins for their complete amino acid profiles and high bioavailability. However, vegan meals for gaining muscle must creatively combine plant-sourced foods to meet similar nutritional demands.

Protein Quality and Amino Acid Profiles in Vegan Diets

The crux of effective muscle-building nutrition lies in sufficient intake of essential amino acids, particularly leucine, known for its anabolic signaling role. Animal proteins like whey, casein, and meat naturally contain all nine essential amino acids in optimal ratios, whereas many plant proteins are incomplete or limited in one or more essential amino acids.

However, contemporary research reveals that strategic combinations of plant proteins—such as rice and beans, lentils with nuts, or whole grains paired with legumes—can achieve complete amino acid profiles. Additionally, vegan protein supplements derived from peas, soy, or brown rice have advanced in formulation to offer bioavailable, high-leucine content alternatives.

Key Components of Vegan Meals for Muscle Building

High-Protein Plant Foods

Identifying plant-based foods rich in protein is pivotal in designing vegan meals for gaining muscle. Some of the prominent options include:

- **Legumes:** Lentils, chickpeas, black beans, and peas provide substantial protein and fiber, fostering muscle repair and digestive health.
- **Tofu and Tempeh:** Soy-based products offering complete proteins and versatile culinary applications.
- **Quinoa and Amaranth:** Pseudocereals that contain all essential amino acids, serving as excellent base grains.
- **Nuts and Seeds:** Almonds, chia seeds, hemp seeds, and pumpkin seeds contribute healthy fats and protein.
- **Seitan:** Wheat gluten-based protein source, favored for its meat-like texture and high protein density.

Incorporating a variety of these foods ensures not only protein adequacy but also diversity

in micronutrients critical for muscle function, such as iron, zinc, and magnesium.

Caloric Density and Macronutrient Balance

Muscle hypertrophy demands a caloric surplus, which can be challenging on a high-fiber, plant-based diet that promotes satiety. Vegan meals for gaining muscle often require careful planning to increase caloric density without excessive volume. This can be achieved by integrating nutrient-rich oils (e.g., olive or avocado oil), nut butters, and starchy vegetables like sweet potatoes and whole grains.

Balancing carbohydrates and fats is equally important, as carbohydrates replenish glycogen stores and sustain workout intensity, while healthy fats modulate inflammation and hormone production. For instance, a typical muscle-gaining vegan plate might include a quinoa and black bean bowl drizzled with tahini and served with roasted vegetables, combining macronutrients and micronutrients effectively.

Challenges and Considerations in Vegan Muscle-Building Diets

Micronutrient Sufficiency

Certain micronutrients require vigilance in vegan diets due to limited bioavailability or absence in plant foods. Vitamin B12, primarily found in animal products, must be supplemented to prevent deficiency-related fatigue and neurological issues, which can impede training performance. Similarly, iron from plant sources (non-heme iron) has lower absorption rates compared to heme iron, necessitating intake optimization through vitamin C-rich foods that enhance absorption.

Digestibility and Anti-Nutrients

Some plant proteins contain anti-nutritional factors such as phytates and lectins, which can inhibit mineral absorption and cause gastrointestinal discomfort when consumed in large quantities. Proper food preparation techniques like soaking, sprouting, and fermenting legumes and grains can mitigate these effects, improving nutrient uptake and digestibility.

Meal Timing and Protein Distribution

Emerging evidence underscores the importance of protein distribution throughout the day to maximize muscle protein synthesis. Vegan meals for gaining muscle should aim for 20-30 grams of protein per meal, spaced evenly across 3-5 eating occasions, to sustain anabolic signaling. Pre- and post-workout nutrition is particularly critical, with plant-based

protein shakes or bars offering convenient, rapid absorption options.

Comparing Vegan and Omnivorous Muscle-Building Diets

While animal-based diets often boast higher protein digestibility and faster absorption rates, vegan muscle-building diets can achieve comparable outcomes with sufficient caloric intake and protein quality optimization. Studies indicate that when total protein consumption is matched (approximately 1.6-2.2 grams per kilogram of body weight per day), muscle gains and strength improvements do not differ significantly between vegan and omnivorous individuals.

Moreover, plant-based diets tend to be richer in antioxidants and anti-inflammatory compounds, potentially enhancing recovery and long-term health. However, the necessity for supplementation and careful meal planning can be viewed as drawbacks compared to the relative simplicity of omnivorous diets.

Sample Vegan Meal Plan for Muscle Gain

1. **Breakfast:** Oatmeal cooked with soy milk, topped with hemp seeds, almond butter, and berries for protein, healthy fats, and antioxidants.
2. **Mid-Morning Snack:** Smoothie with pea protein powder, banana, spinach, and flaxseed to support recovery and energy.
3. **Lunch:** Quinoa salad with chickpeas, roasted sweet potato, kale, pumpkin seeds, and tahini dressing.
4. **Pre-Workout Snack:** Whole grain toast with avocado and nutritional yeast for B vitamins and protein.
5. **Dinner:** Stir-fried tempeh with mixed vegetables over brown rice, seasoned with ginger and garlic.
6. **Evening Snack:** Homemade energy balls made from dates, oats, peanut butter, and chia seeds.

This plan illustrates how diverse vegan meals for gaining muscle can be while meeting caloric and macronutrient needs.

Emerging Trends and Future Directions

The rise of innovative plant-based protein products, including lab-grown meat analogs and fermented protein isolates, is reshaping options for vegan athletes. Advances in food technology promise improved palatability and amino acid profiles, potentially reducing reliance on multiple food sources to achieve completeness.

Additionally, personalized nutrition approaches leveraging genetic and microbiome data may soon tailor vegan muscle-building diets to individual metabolic responses, optimizing outcomes further.

In summary, while vegan meals for gaining muscle require thoughtful planning to navigate protein quality, caloric sufficiency, and micronutrient adequacy, they represent a viable and sustainable approach to muscle development. The growing body of scientific evidence and culinary innovation continues to empower plant-based athletes in their strength and fitness pursuits.

Vegan Meals For Gaining Muscle

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vegan meals for gaining muscle: Vegan Bodybuilding Cookbook Howie Dyson, 2021-01-15

If you are vegan and you don't know how to increase your daily amount of protein to gain more muscles fast, then keep reading! There are too many misconceptions about the vegan lifestyle and nutrition. People often have negative attitudes towards who reject meat and dairy (like whey proteins). These misconceptions withhold people from transitioning to a healthy lifestyle. However, be vegan and build lean muscles at the same time could be a serious problem for bodybuilders. Nowadays more and more athletes face this problem: how to get in shape reaching your recommended amount of protein with a plant-based lifestyle? Surely, it's not easy to take all the protein you need without eating meat, fish or dairy. Maybe you also read many books on veganism but without finding the right solution. Don't worry! The only thing you need to do in this situation is to follow the right information. This book will clear out these misconceptions on veganism and provide 100 high protein recipes to fulfill your protein goals while maintaining health and improve your energy! In this book you are ready to discover:

- How many protein you should eat to increase muscle synthesis.
- The best food to eat before and after your workout to fill your muscles with the right nutrients.
- The single most powerful math trick that will help you to lose weight quickly and build lean muscles.
- Which specific food you should avoid if you want feel better and get stronger.
- The best high protein vegan foods and how to cook them in just 10 minutes or less.
- Why eating vegan will give you an extra boost to lift more weights in the gym.
- How to get your training to a higher level with some practical advices.
- And much, much more!

If you already tried different "clean eating" plans online and/or trained hard but still you look in the mirror seeing no results, this cookbook will give you the right information to get in shape and improve your physique in few weeks. Are you still wondering? Bear in mind that this book isn't only a simple cookbook that

provides recipes, it's a practical guide that gives you a lot of advices, tips and tricks to get stronger day by day. Take care of yourself! Download your own copy today!

vegan meals for gaining muscle: *Vegan Bodybuilding: Vegetarian and Vegan Diet Tips for Health & Fitness (Specifically Designed to Gain Muscle and Sculpt a Lean Physique on a Vegan Diet)* Mark Marler, 101-01-01 This high protein vegetarian cookbook is a must have for any health conscious home cook. With over 50+ delicious plant based recipes, you can enjoy all your favorite meals without compromising on flavor or nutrition. Each mouthwatering dish is packed with plant based proteins that will keep you feeling full and energized, while satisfying your cravings for wholesome, delicious food. Each recipe is easy to follow and features nutrient dense ingredients that are packed with vitamins, minerals and healthy fats. Whether you're a vegetarian looking for new meal ideas, or a meat eater looking to make more plant based meals, this cookbook has something for everyone. Here is a preview of what you'll learn... · Is It Really Possible? · How to Get Started · Take proper nutrition and diet · Work hard and train hard · Make it a lifestyle · Proteins · Fats The variety of recipes will surprise and delight you, covering every meal of the day from protein packed breakfasts, nutrient dense lunches, and hearty dinners, to energizing snacks and recovery focused post workout shakes. Each recipe is not only designed to aid in muscle growth and leanness but also to satisfy your taste buds.

vegan meals for gaining muscle: *Smart Nutrition for Mass Gains* Digital World, 2025-03-03 Smart Nutrition for Mass Gains is an in-depth exploration of the process by which muscles grow and strengthen. Discover how muscle fibers regenerate and increase in size after intense training, unlocking the secrets behind this phenomenon. In this informative series, delve into a journey through the following key aspects of hypertrophy bodybuilding: Protein Synthesis and Breakdown: Understanding how the body builds and breaks down proteins is essential to maximizing training results. Hormonal Factors: Explore the crucial role of hormones, such as testosterone and growth hormone, in the process of muscle hypertrophy. Genetic influence: Learn how genetic factors can influence everyone's muscle growth potential. Get ready to unlock the scientific secrets behind bodybuilding and nutrition to optimize your training for impressive results. This series is an indispensable guide for anyone interested in maximizing muscle growth and strength.

vegan meals for gaining muscle: *Vegan Bodybuilding and Fitness* Robert Cheeke, 2011-06-10 One of the world's most recognized vegan bodybuilders presents a comprehensive guide to building a fit body on a plant-based diet. Author Robert Cheeke inspires people to develop magnificent bodies. His experience with diet, training, contest preparation and other facets of this sport make *Vegan Bodybuilding & Fitness* a fantastic resource for beginners and experienced athletes alike. Readers are provided with insight into the mental and physical aspects involved in becoming a successful bodybuilder. An overview of nutrients and how they function in the body, along with mass-building menus for training, show how to thrive as an athlete and bodybuilder on a vegan diet. Recommendations are given on how to create a successful training regimen that will yield the best results. Throughout the text the author's voice resonates with passion, dedication, and determination. From invaluable advice on how to find sponsorship and make bodybuilding a career to learning how to use bodybuilding for activism and outreach, readers find multi-leveled support for their lifestyle. A resource section is included for products, services and equipment that are completely vegan. *Vegan Bodybuilding & Fitness* leaves a lasting impact by providing tools for motivation and commitment for any area of life.

vegan meals for gaining muscle: *Vegan Bodybuilding: Quick & Easy High-protein Plant-based Recipes for Vegan (Easy & Tasty Plant-based Recipes for Vegan & Vegetarian Bodybuilders and Athletes)* Anthony Carrillo, A vegetarian diet gives the body no less energy than a meat diet. You just need to keep track of the variety of foods consumed daily to ensure the right set of nutrients. Vegan athletes, bodybuilders, fitness or sports enthusiast have special dietary needs. Vegans working out with the to rebuild their body, have to be extra vigilant of their protein intake and expenditure. 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. 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.

vegan meals for gaining muscle: *The Complete Guide to Sports Nutrition* Anita Bean, 2000-01-01 Covers training diets, carbohydrate requirements, fluid intake, weight management, body fat and performance, disordered eating and sports supplements.

vegan meals for gaining muscle: Vegan Fit David Sydney, 2017-08-17 Fuel Your Body with these Quick and Easy PRE & POST Workout Vegan Recipes Getting the right nutrition before and after your workout is vital if you want to achieve your fitness goals and maintain or get the body you want, because of time and lack of knowledge this is not always easy. In *Vegan Fit: 10 Vegan Recipes for Pre and Post Workout, Maximize Energy and Recovery* you will discover 10 recipes that are quick and easy to prepare but more importantly they will give you enough energy for your workouts as well as help your body recover so that you are ready for the day ahead. Many vegans think that they are pressed for choice when it comes to pre and post workout meals. However, this is not true, as there are many options to choose from which are capable of providing the body with enough energy and more, both before and after a workout. Vegan meals consist of fresh fruits, vegetables, grains, pulses, legumes, nuts and seeds and leave out meats and animal-derived products such as eggs and dairy. These are capable of providing you with not just energy but also several vital nutrients that are required by your body to remain healthy. However, there is widespread misconception that it is essential to consume lean meats to develop lean muscle. This is absolutely false as it is possible to do so just with the consumption of vegan meals. If you are on the lookout for simple vegan recipes for post and pre workout meals, then you have come to the right place! This book will serve as your vegan diet guide and leave you with simple recipes that can enhance your workout routine and help you develop the body of your dreams. We will also look at three simple calisthenics exercises that you can take up to achieve your weight loss goals. Here Is Are some of the Recipes...Death by Chocolate PuddingHealthy Peanut Butter MousseSuper Energy Booster SmoothieSimple Vegan OmeletProtein Veggie Burger(Black Bean and Sweet Potato ChiliCalisthenics ExercisesMuch, much more!Download your copy today! Take action today! Tags: Vegan recipes, calisthenics, vegan diet, vegan cookbook

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muscle or lose fat. Regardless of your fitness goals, this book has got you covered. Download this book now and learn how to cook nutritious, delicious vegetarian and vegan meals that make building muscle and burning fat easy and enjoyable!

vegan meals for gaining muscle: The Powerfood Nutrition Plan Susan Kleiner, Jeff O'Connell, 2006-05-30 Geared specifically to men's nutritional needs, this comprehensive guide will show you how choosing the right foods can enhance every aspect of your life. With chapters on everything—from food's effect on mood, sex, and brainpower to the role food plays in weight loss, muscle gain, and athletic performance— you'll have all the information you'll need to see remarkable results within weeks. Always on the cutting edge, nutritionist Susan Kleiner uses the latest nutritional research to provide innovative recipes and meal plans to ensure maximum results. The Powerfood Nutrition Plan includes: Vital tips for using food to increase longevity and improve physical appearance More than 20 detailed meal plans designed to address a variety of fitness and nutrition goals Quick, easy, and delicious recipes to keep you going The Powerfood Nutrition Plan is the guidebook to help you break out of your routine and become more powerful in every area of your life. So pick up that fork. It's time to get started on the body—and life—you've always wanted.

vegan meals for gaining muscle: Sweet Potato Soul Vegan Vibes Jenné Claiborne, 2025-02-04 100 vegan recipes that bring plant-based fun to the plate for every meal of the day, from the beloved author of Sweet Potato Soul. "Jenné Claiborne transforms divine soul food favorites into nourishing, delicious, and approachable plant-based dishes you'll want to make on repeat."—Carleigh Bodrug, New York Times bestselling author of PlantYou Jenné Claiborne knows that vegans have more fun. She's been enjoying the vibrant health, energy, and joy from eating plants—vegan vibes—for more than a decade. In that time, the vegan space has exploded, with fake meats and cheeses, fast foods, and processed treats galore. While exciting, these options don't tap into the vibrancy of the vegetable world. In Vegan Vibes, Jenné invites you to fall in love with cooking and eating plants, in their delicious diversity. After stints in New York City and Los Angeles, she's returned to her hometown of Atlanta, Georgia, where she is freshly inspired in her vegan kitchen by the city's multicultural influences: collard green soup mellowed by miso, sweet potatoes crisped in the air fryer and heated with jerk seasoning, and corn ribs kissed by Korean gochujang sauce. Jenné has transformed her favorite veggies into crowd-pleasing meals that are quick and easy enough for even the most hectic schedule. Vegan Vibes offers 100 dishes that are almost as much fun to make as they are to eat. That means laid-back whole food-based ingredient lists plus straightforward, no-fail techniques. And her unique flair for flavor elevates the simplest dish: a citrus spin on Mushroom Carnitas Tacos, Watermelon Gazpacho for the ultimate refreshing soup, and Magical Hummus packed with umami mushroom flavor. With gorgeous photography for each recipe, Vegan Vibes includes: • Super yummy breakfasts: Indian Tofu Scramble, Rose Tahini Granola • Killer apps, snacks, and salads: Beet Latkes, Bali Shaved Brussels Salad • Comforting soups: Sweet Potato Bisque • Hearty entrees: Curried Red Bean Tacos, Korean Pulled Shroom Sandwiches, Black Bean Pizza • Perfect beverages: Dirty Candy Sour, Pineapple Rose Sangria • Drool-worthy desserts: Miso Caramel Banana Pudding, Cardamom Brown Sugar Pound Cake Brimming with unexpected, flavorful dishes, Vegan Vibes is the cookbook that will inspire everyone, vegan or not, to crave more plants.

vegan meals for gaining muscle: Power Vegan Rea Frey, 2013-04-22 Power Vegan is a guide to finding the foods that will truly power our daily lives and explains the reasoning behind how eating a more plant-based diet will achieve this aim. Whether readers want to eat better, get fit, or train like an athlete, Power Vegan contains the personalized, balanced approach to a healthier lifestyle. The idea behind power eating is not a fad diet. It's about incorporating foods into your life that you like, make you feel good, are easy to prepare, and are not too expensive. The book is filled not only with tips, but easy 30-minutes-or-less recipes for breakfast, lunch, dinner, desserts, and snacks. Whether the goal is gaining energy, building muscle, or simply feeling and functioning better, Power Vegan will provide the tools to get healthy and avoid all-too-common pitfalls. Power eating is not about being tied to the gym or the kitchen, but rather about fitting in the health concepts everyone needs while ditching the rest of the diet and exercise noise that people are

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