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the vegetarian bodybuilding cookbook pdf

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Vegetarianism / v ɛː dʒɪˈeɪʃən / is the practice of abstaining from the consumption of meat (red meat, poultry, seafood, and the flesh of any other animal), and may also include abstention from by-products of animal slaughter.

Vegetarianism - Wikipedia

Buddhist cuisine is an East Asian cuisine that is followed by monks and many believers from areas historically influenced by Chinese Buddhism. It is vegetarian or vegan, and it is based on the Dharmic concept of ahimsa (non-violence).

Buddhist cuisine - Wikipedia

A list of vegetarian protein foods, complete with protein contents and amino acid profile information.

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