PROTEIN POWER!

Whether you are new to a vegan or other meatless diet and are wondering where you will get your protein, or if you have been eating a plant-based diet for years and want to up your protein game for better fitness and health, this book delivers exactly what you need. Bestselling author Robin Robertson is at the vanguard of the plant protein revolution—the exciting movement that has discovered just how much protein there is in plant-based foods, from vegetables and fruits to nuts, seeds, grains, and beyond. In these pages, Robin introduces you to all of the most powerful protein-packed plant-based foods and serves up more than 85 thoroughly delectable recipes, each one accompanied with complete nutritional data that will give you all the protein you need any day of the week.

“The fact that some of the most beneficial plant-based foods also happen to be those that are highest in protein makes Robin Robertson’s The Plant Protein Revolution Cookbook a useful resource for those looking to improve their health with a plant-based diet.”

— Michael Greger, M.D., FACLM, author of How Not to Die and How Not to Diet

“As we mature, our protein needs increase. And, depending on our lifestyles and genes, some of us have higher protein needs than others do. How can you be certain you’re getting enough of the highest quality protein? The answer to that question is in your hands, namely Robin Robertson’s wonderful The Plant Protein Revolution Cookbook. Follow its advice and two things will happen: You’ll love your meals. And your body will thank you for the rest of your life.”

— John Robbins, president and co-founder, Food Revolution Network, and author of Diet for a New America