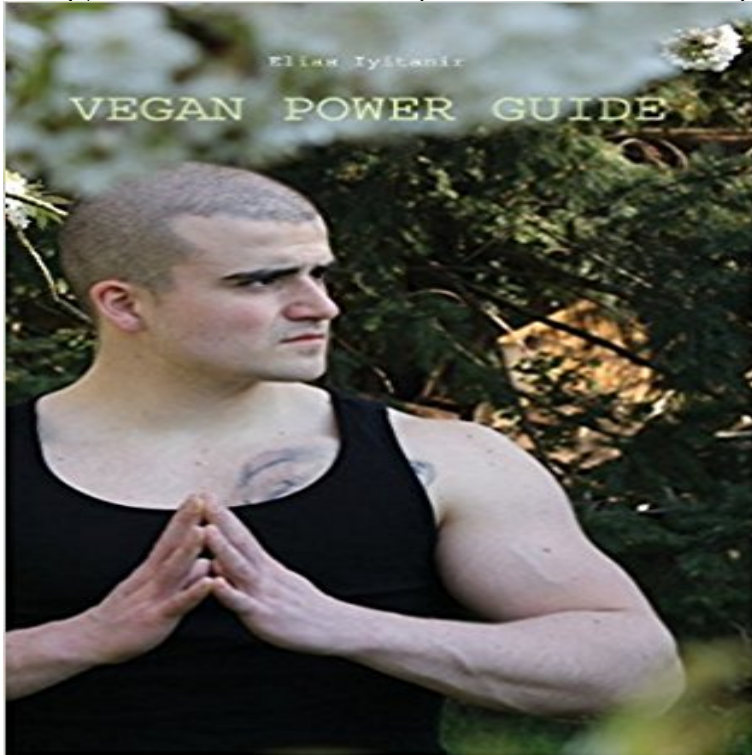


Vegan Power Guide (German Edition)



Ein Buch mit komprimierten Tipps, Erklärungen und Richtlinien für die sportgerechte, vegane Ernährung und einem effektiven Krafttraining. Der Guide ist kurz, knackig, informativ und trotzdem so verständlich wie möglich geschrieben. So kann man überall nachschlagen, ob auf der Arbeit, in der Schulpause oder in der Uni. Der günstige Preis soll jedem Interessenten, egal welcher Schicht oder Alters, einen nachhaltigen und effizienten Blick in die Ernährung und das Training bieten.

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