

Download In Pursuit Of Great Food Vegan Shopping Guide

Keto shopping lists, recipes, and more! Start keto with this FREE 5-step guide. I'm ready! A guide to setting up a vegan ketogenic diet, including lists of approved foods and recipes. Competitive bodybuilders. Owners of Richmond, VA plant-based personal training studio, Root Force Personal Training since 2009. Authors of The Vegan Muscle and Fitness Guide to Bodybuilding Competitions. Between us we've got three degrees in subjects from biology to mathematics (a fourth is in the works), various personal training certifications, two vegan kids, and a vegan dog named Joe. Why go vegan? There are so many powerful reasons. Here's the most popular explanation of why so many people are adopting a plant-based diet.