



VEGAN PROTEIN MMA SMOOTHIE Recipes: Includes 50 Smoothie Recipes to Build a STRONG and HEALTHY Body from the Inside Out

Mariana Correa

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Maximize your MMA workouts and fights with the best vegan protein smoothies. With over 50 healthy and delicious vegan protein smoothies you will be on the road to success. Whether you're looking for a meal replacement smoothie, a breakfast smoothie, a smoothie for before or after your workout you'll have 50 smoothie recipes to choose from. These are the best vegan protein shakes for any MMA who is looking to: - Build Lean Muscle - Perform Better - Achieve a Healthier Lifestyle Build a strong and healthy body from the inside out. You will enhance your performance by drinking all the nutrients your body needs. The author Mariana Correa is a former professional athlete and certified sports nutritionist that competed successfully all over the world. She shares years of experience both as an athlete and a coach bringing a priceless perspective.

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