

# #mentallyillmile erome# The complete guide to building muscle on a plant based diet How to Build Muscle on a Plant Based Diet Forks.

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Plant based foods offer enough protein to help you achieve your goals as long as you are eating a varied diet

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Discover plant based proteins nutrition strategies and effective training for optimal muscle gain Aug 16 2025 For those wondering how to gain muscle as a vegan woman or how to gain muscle as a vegan man aim for 1.62.2 grams of protein per kilogram of body weight daily

Foods like tempeh seitan and chickpeas are excellent choices

Pair them with strength training for maximum results Mar 20 2024 Vegans can build muscle just as quickly and effectively as anyone else provided they eat a proper plant based bulking diet. Vegans tend to be healthier than the average person study and plant based diets lend themselves quite well to building muscle.

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