



# PLANT BASED BODYBUILDING



Includes Recipes,  
Exercise Program,  
And Motivation Tips

Delicious High Protein Plant-Based Recipes,  
That are Energy Filled To Fuel Your Workouts!

# STARTER GUIDE

# THE STARTER GUIDE TO



**HEALTHY EATING**



**FUELED WORKOUTS**



**MOTIVATION & GOALS**

The information in this guide is not intended to replace medical advice.

No action or inaction should be taken based solely on the contents of this information.

Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.

The information and opinions expressed here are believed to be accurate, based on the best judgement available to the author.

Readers who fail to consult with appropriate health authorities assume the risk of any injuries.

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This Starter Guide is just a “small part” of the actual **Plant-Based Bodybuilding System**, so that you know THE FACTS and THE TRUTH of what you will get if you decide to make a purchase.

After reading this guide, if you feel that the information within **PBB System** is suitable for you and helpful to achieve your goals,

[Click here](#) to get the complete package.

(or use the download button on the last page of this document)

# INTRODUCTION

Hi I'm Justin. And up until 2017, I was your typical meat eating bodybuilder....

Everyday I'd eat lots of chicken breasts, 3-4 cans of tuna, 5 eggs, lean beef, fish and then wash it all down with several scoops of whey protein and milk.

It all changed for me when I watched the documentary Earthlings. That's when I decided to do more research and everything changed after that.

In a good way of course :)

One of my biggest concerns when I made the choice to go plant-based. Even though "EAT VEGAN".

I actually dislike the term vegan because some communities can be very judgemental and rude.

Everyone has their reasons for not eating meat and dairy, but I'm not one to judge a meat eater.

All I can do is encourage them if they open to changing their diet. That's what my program, "Plant Based Bodybuilding" is about.

...To Help people to achieve the body they want on a plant based diet.

If I , and millions of other plant powered athletes can thrive on a plants...

**THEN SO CAN YOU!**



# 3 Common Plant-Based Diet Myths

A lot of people are under the false notion that veganism is something that has just come into existence. What is true, however, is the fact that a lot of modern day research and studies has led to a sudden increase in the number of people deciding to follow it. And with that, there has also been a rise in the number of myths around the lifestyle.

Let's have a quick look at these myths right before we debunk them completely.

## **MYTH #1: - YOU CAN'T GET ENOUGH PROTEIN FROM A PLANT-BASED DIET**

"You're a vegan? Where do you get your protein from?". Get ready to be asked that a lot! The single biggest myth there is about veganism; a lot of people are under the assumption that plant-based foods aren't rich in protein. 20 to 40 percentage of the calories in beans, broccoli, and spinach come from protein, rivaling the percentages of calories from protein in most types of meat.

## **MYTH #2 - IF YOU EAT DAIRY, YOU WON'T GET ENOUGH CALCIUM**

It might surprise you that, dairy is not the only source of calcium there is. Yes, you don't need to eat or drink dairy products to get the recommended amount of calcium.

Good sources of calcium for vegans include: fortified soya milk and juice, soybeans, soynuts, broccoli, collards, kale, mustard greens, and calcium-set tofu and okra.

## **MYTH#3: ANIMAL PROTEINS IS THE ONLY PROTEIN YOU NEED TO BUILD MUSCLE**

When protein is eaten it is broken down into amino acids. Proteins and amino acids are used for almost every metabolic process in the body. And as long as you're getting the right amount of protein and amino acids, it doesn't really matter what your protein sources are.

From track and field athletes to bodybuilders, anyone can build incredible muscle strength and bulk with plant-based proteins.

# **5 PLANT POWERED ATHLETES WHO ARE THRIVING ON A PLANT BASED DIET**

## **1. PATRICK BOBOUMIAN**

Strongman Patrik Baboumian, FIBO competitor who won the Vegan Athlete of the Year award in 2013





## 2. NIMAI DELGADO

Niami is a professional mens physique bodybuilder and has become one of the most popular guys in the vegan fitness community. He is completely shredded even though he has never eaten meat in his life. Niami switched from vegetarian to full-vegan since 2015 and has been thriving ever since. He's won several overalls so far in the INBA and NPC leagues.



## 3. TORRE WASHINGTON

Torre has been a vegan for over 2 decades now. When he was asked in an interview, he said, “if there’s a disadvantage between vegans and meat-eaters, there’s no difference since muscle is built based upon your training regimen. “If anything, I am at an advantage being vegan, since plants expedite the recovery and recuperation,”.



#### 4. JEHINA MALIK

Jehina lives and breaths bodybuilding from the time she was a kid. She has also been the longest running IFBB Pro Vegan athlete. Now Jehina is giving back to the community to help other people achieve the body of their dreams. - Jehina is definitely one to watch.



#### 5. ERIN FERGUS

Erin was named Women's Physique Pro by the Organization of Competitive Bodybuilders. She couldn't contain her enthusiasm on Facebook, exclaiming, "A vegan pro, how about that?! I MADE HISTORY AGAIN FOR THE ANIMALS!"



# Other plant powered athletes making serious gains



Check these inspiring plant-powered athletes out on Instagram:

@Torre.washington  
@Patrikbabournian  
@Iamavegan monk  
@conscious\_muscle  
@GregMoormann  
@Jules\_pro\_figure  
@rafaelpinto10

@Jonvenus  
@Maxveganmuscle  
@ifbbjehinamalik  
@korinsutton  
@domzthomas  
@Max\_veganfit  
@VeganMuscleandFitness

# **BREAKFAST RECIPES**



## OATMEAL BUCKWHEAT & PEANUT BUTTER

Serves 1

Prep 10 mins

Ready in 5 mins



### INGREDIENTS

- Mixing Bowl
- Whisk
- 3/4 Cup oatmeal
- 1/2 Scoop (15g) of Vanilla Pea Protein Powder
- 1/2 Teaspoon of Stevia
- 1 Tbsp of Peanut Butter
- 1/2 or 1 whole banana sliced
- 1/4 Cup of walnuts

### DIRECTIONS

1. Mix all the ingredients into a big bowl (except for the banana slices, walnuts and peanut butter.)
2. Cook in a microwave for about 3-4 minutes (cooking time vary from one microwave to another)
3. Stir the mix 2 minutes after cooking has started (so the mix doesn't stick to the bowl or create chunks)
4. Once the mix is cooked, top with the banana slices, walnuts and peanut butter and enjoy!

**Total Calories:** 581  
Protein: 21g  
Carbs: 60g  
Fat: 11g



## VANILLA PUMPKIN CHICKPEA PANCAKES

Serves 1

Prep 30 mins

Ready in 10 mins



### INGREDIENTS

- 1/3 Cup Chickpea Flour
- 1/2 Tsp Baking Powder
- 1/4 Tsp Baking Soda
- 1/4 Cup Pure Pumpkin Puree
- 7 Drops of Vanilla Stevia
- 1/4 Tsp Pure Bourbon Vanilla Extract
- 1/2 Tsp Cinnamon
- 1/4 Cup Water

### DIRECTIONS

1. In a mixing bowl, combine the chickpea flour, baking powder, baking soda, and cinnamon. Give it a mix.
2. Then add the pumpkin, vanilla, stevia, and water. Give everything a good mix until all is combined and you have pancake batter.
3. Heat a pan lightly coated in coconut oil over medium heat. When hot, add 1/2 the batter to the pan. Cook for 3-4 minutes or until bubbles form on the edges. Flip and cook an additional 3-4 minutes. Repeat for the rest of the batter.
4. To make the protein frosting, just combine the protein powder and water (add slowly so you get the right consistency). Stir and set aside.

**Total Calories:** 252

Protein: 24g

Carbs: 30g

Fat: 3g



## SCOTTISH OATS WITH ALMOND & BERRY OATMEAL

Serves 1

Prep 10 mins

Ready in 10 mins



### INGREDIENTS

- Mixing Bowl
- Whisk
- 3/4 Cup of Scottish Oats
- 1/2 Scoop of Vanilla Pea Protein Powder
- 1/3 Cup of unsweetend Vanilla Almond Milk (Use a brand of your choice)
- 1/2 Tbsp of Flax Oil
- 1/4 Cup of Frozen Blueberries
- 1/4 Cup of Water

1. Mix all ingredients into a big bowl (except for the frozen blueberries).

2. Cook in a microwave for about 3-4 minutes (cooking time vary from one microwave to another)

3 Stir the mix 2 minutes after cooking has started (so the mix doesn't stick or create chunks) .

4. Once the mix is cooked, add the frozen blueberries, mix everything and enjoy!

**Total Calories:** 360

Protein: 15g

Carbs: 37g

Fat: 17g



# **LUNCH AND DINNER RECIPES**





## POWER HOUSE SALAD WITH CHICKPEAS, AVOCADO AND DAIRY-FREE CHEESE

Serves 1

Prep 10 mins

Ready in 10 mins



### INGREDIENTS

- 1 Can of Chickpeas, Rinsed and drained:
- Handful of parsley - Chopped
- 2 TBS of Green Onion, Thinly Sliced
- 1/3 Vegan Cheddar Cheese (Diced)
- 1 Avacado, Diced
- Juice of 1 Lemon
- Add Salt and Mix well

### DIRECTIONS

#### FOR THE DRESSING:

1. Whisk together all ingredients in a bowl until they come together to a smooth dressing.

#### FOR THE SALAD:

2. Mix arugula, beans, lentils, and capers. Top with dressing and enjoy!

**Total Calories:** 743

Protein: 27g

Carbs: 108g

Fat: 28g



## AVACADO AND BLACK BEAN WRAP

Serves 1

Prep 5 mins

Ready in 1 mins



### INGREDIENTS

- 1 Avacado (without skin or seed)
- Chopped tomato
- 1 Cup of Canned Black Beans
- 2 Tortillas

### DIRECTIONS

1. Cut avacado into slices.
2. Drain black beans.
3. Add chopped tomato and add tomato sauce.
- 4.. Wrap avacado and beans in the tortilla.
- 5.. Grill for 2 minutes
- 6.. Serve warm.

**Total Calories:** 733

Protein: 26g

Carbs: 96g

Fat: 27g



## KUNG PAO TEMPEH

Serves 3

Prep 10 mins

Ready in 25 mins



### INGREDIENTS

- 8 of Tempeh
- 2 cups of vegetables
- 2 tbsp of soy sauce
- 1/4 cup of peanuts
- 1 dash of salt
- 1 dash of pepper

### DIRECTIONS

1. Preheat oven to 390°F/200°C. Cut the tempeh in large cubes. Marinate with the soy sauce for 10 minutes then bake for about 20 minutes.
2. In the meantime, cook the vegetables according to package directions, then season with extra soy sauce, salt and pepper.
3. Mix vegetables, baked tempeh, and peanuts and enjoy!

**Total Calories:** 986

Protein: 69g

Carbs: 89g

Fat: 45g



## GARLIC GREEN BEANS WITH TOFU

Serves 3

Prep 5 mins

Ready in 10 mins



### INGREDIENTS

- 3 Tbsp of Olive Oil
- 6 Garlic Cloves
- 34 lb of Tofu
- 6 Cups of Green Beans (sliced)

### DIRECTIONS

1. Rinse the green beans and snip off their ends.
2. In a wok or nonstick skillet, warm the oil over medium heat.
3. Add the green beans and garlic and saute for 5 minutes, stirring continuously.
4. Add the tofu and cook for 5 more minutes.

**Total Calories:** 782

Protein: 36g

Carbs: 56g

Fat: 51g

# SHAKES AND SMOOTHIES



## PEANUT BUTTER PROTEIN SMOOTHIE

Serves 1

Prep 5 mins

Ready in 10 mins



### INGREDIENTS

- 2 cups kale (4.7 oz.)
- 1 banana
- 2 tbsp. hemp seeds
- 1 tbsp. peanut butter
- 2/3 cup water
- 2 cups ice
- 1 cup almond or cashew milk
- 2 tbsp. cacao powder
- 1 scoop vanilla protein powder

### DIRECTIONS

1. Place the kale and banana in a blender, then add the hemp seeds and peanut butter. To avoid them sticking to the sides of the blender, aim the hemp seeds and peanut butter toward the center.
2. Add the ice & liquids and blend briefly until ingredients are combined.
3. Add powders, aiming for the center, and turn the blender up slowly so that the powders blend instead of flying everywhere. Once combined, blend at high speed until smooth. Pour into glasses and serve.

**Total Calories:** 265

Protein: 21g

Carbs: 27g

Fat: 12.5g



## BLUEBERRY ALMOND VEGAN PROTEIN SMOOTHIE

Serves 2

Prep 5 mins

Ready in 10 mins



### INGREDIENTS

- 1 Cup Unsweetened Almond Milk - Vanilla
- 1 Scoop Boomer Nutrition Organic Vegan Vanilla Protein Powder
- 1/2 Cup Blueberries - fresh or frozen
- Banana - fresh or frozen
- Ice cubes

### DIRECTIONS

1. Combine all ingredients in a blender or bullet and blend until smooth. Enjoy immediately.
2. Store any extras in ice cube trays in the freezer to be added to your next Blueberry Almond Vegan Protein Smoothie.

**Total Calories:** 168  
Protein: 11.5g  
Carbs: 28g  
Fat: 2.5.6g



## STRAWBERRY-BANANA TOFU SHAKE

Serves 1

Prep 5 mins

Ready in 10 mins



### INGREDIENTS

- 1 package (10 ounces) frozen, unsweetened strawberries, thawed
- 1 small ripe banana, peeled and sliced
- 1 package (12 ounces) silken soft tofu, drained
- 1 cup plain soymilk
- 1/4 cup Syrup
- 2 tablespoons fresh lemon juice

### DIRECTIONS

1. In a blender, puree berries until smooth. Remove, and rinse blender.
2. Combine the remaining ingredients in the blender.
3. Puree until smooth and thoroughly mixed, scraping down sides with rubber spatula as necessary.
4. Divide among glasses and spoon strawberry puree on one side of each glass.
5. Serve immediately or store in the refrigerator. If refrigerating, whisk to recombine just before serving.

**Total Calories:** 672

Protein: 26g

Carbs: 117g

Fat: 14g



# WORKOUT PROGRAM

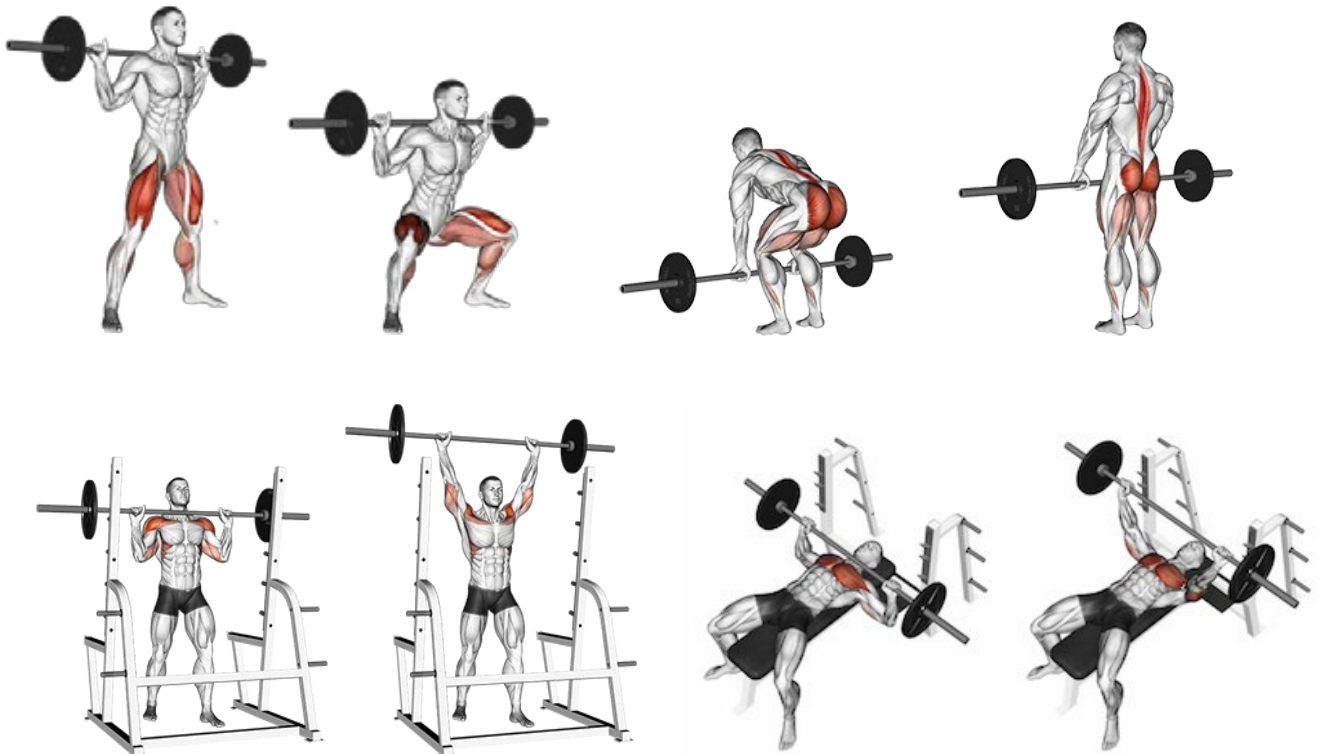


# WHAT ARE THE BEST MUSCLE BUILDING MOVES?

There are literally hundreds of training programs out there - Some are great and others not so good at all but what works for you will be different than what works for other people.

For years, the most effective exercises that has been proven to increased strength, muscle growth and fat loss is to....

Focus on **BIG COMPOUND MOVES** And You  
Won't Be Dissappointed!



# SAMPLE 4 DAY SPLIT ROUTINE

Here is my workout plan that you can follow.

I've been following the 4 day split for many years now and never had a problem with it with reaching my goals.

The biggest mistakes a lot of people make is training more than two days in a row.

Trust me, you don't want to burn out to early in the week. When you follow the workouts in this guide, your risk of overtraining is nil.

A 4-Day Split routine is ideal and it helps break up the week a bit.

For me, I like to train Monday and Tuesday, Take Wednesday off and Go back and Train Thursday and Friday.

That way I have the flexibility of having the weekends to completely unwind.

## DAY 1 CHEST AND TRICEPS

### CHEST

1. Bench Press	4 Sets / 3-5 Reps
2. Incline Flyes	2-3 Sets / 6-12 Reps
3. Dumbbell Bench Press	2-3 Sets / 6-12 Reps
4. Dumbbell Flys	2 Sets / 40 Reps

### TRICEPS

1. Close-Grip Bench Press	2 Sets / 3-5 Reps
2. Tricep Kickbacks	2 Sets / 6-12 Reps
3. Tricep Rope Pushdown	2 Sets / 6-12 Reps
4. Overhead Dumbbell Press	1 Set / 40 Reps

## DAY 2 - BACK AND BICEPS

### BACK

1. Deadlift	2-4 Sets / 3-5 Reps
2. Bent-over Barbell Rows	2-3 Sets / 6-12 Reps
3. Lat Pull-Down	2-3 Sets / 6-12 Reps
4. Seated Cable Row	2 Sets / 40 Reps

### BICEPS

1. Dumbbell Alternate Curls	2 Sets / 6-12 Reps
1. Barbell Curls	2 Sets / 3-5 Reps
2. Concentration Curl	5 X 10
	1-2 Sets / 40 Reps

### DAY 3 - SHOULDERS AND FOREARMS

#### SHOULDERS

1. Seated Dumbbell Press	4 Sets / 3-5 Reps
2. Side Laterals	2-3 Sets / 6-12 Reps
3. Front Laterals	2-3 Sets / 6-12 Reps
4. Dumbbell Front Lateral Raise	2 Sets / 40 Reps

#### FOREARMS

1. Dumbbell Wrist Curls	2 Sets / 6-12 Reps
2. Reverse Dumbbell Wrist Curls	2 Sets / 6-12 Reps

### DAY 4 - LEGS AND ABS

#### LEG DAY

1. Squat	4 Sets / 3-5 Reps
2. Leg Extensions	2-3 Sets / 6-12 Reps
3. Lunge	2-3 Sets / 6-12 Reps
4. Leg Curl	2 Sets / 40 Reps

#### ABDOMINALS

1. Side Bends	2 Sets / 10-20 Reps
2. Hanging Leg Raise	2 Sets / 10-20Reps

# MINDSET



# THE POWER OF THE MIND

So you want to build muscle, get big and strong? Great, but how bad are you willing to work for it?

It all begins with having the right “MINDSET”. And Part of that is having a strong desire to succeed. Without that it will be difficult to sustain the motivation to consistently train over a long period of time.

I would even go so far as to say that you that you **MUST EXERCISE** if you want to live a happy and healthier lifestyle.

While others can debate how healthy a mindset this is, the truth is, you will never hear highly motivated people say things like, “I really want to get in shape but If I’d don’t then it’s no big deal”. This is one of the biggest mistakes people make.

They want to improve their body but they are not willing work hard for it.

This is why so few people reach their fitness goals. When January comes along most gyms will be jam packed but come February or March people lose motivation and stop working out.

But only the committed ones will stick around for the long term will eventually get the body of their dreams.

# W Clement Stone Once Said...

## “Whatever the Mind can Conceive, The Mind Can Achieve”

Follow the steps below to reach your fitness goals

### **STEP 1 - ASK**

The first step is to be very clear about the kind of physique or fitness level you want and why?

### **STEP 2 - BELIEVE**

If you want to reach your desired fitness goal, you need to BELIEVE that all your efforts will pay off in the long run. In the beginning this can be tough because it takes weeks or months to get the results you want. This is when you need to use the power of belief. You do this by visualising and affirming as if you already have it.

### **STEP 3 - RECEIVE**

Apply these steps daily and it will bring you closer to reaching your goals. Dream big, get excited, act as if you already have it and Take action. Do this often enough and before you know it you will have the body of your dreams.



# GOAL SETTING

To make this easier for you, grab a pen and a piece of paper and draw a 2 column box like the one below. In one column, write your top 3 goals.

In the second column, jot down the reasons you want to reach those goals.

Here are some examples:

MY GOAL	REASON FOR SETTING THIS GOAL
1. I want to Lose 3 inches from my waistline.	I want to feel more confident and look good in my clothes
2. I want to get 6 pack abs in 30 days	If I had a six pack I would feel more confident and I wouldn't feel self-conscious about taking your shirt off at the beach.
<b>If I were to reach only one of these goals, It would be:</b>	<b>The reason is because.....</b>

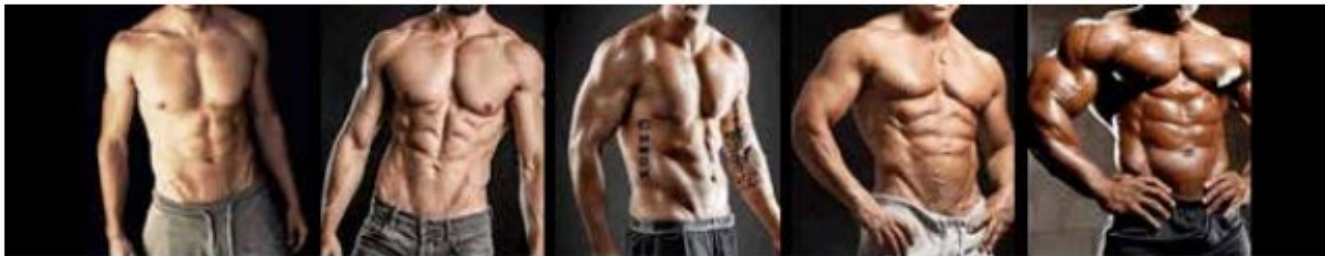
# WRITE YOUR GOAL IN THE PRESENT TENSE

What is your specific goal right now,  
and in what time frame will you achieve it?

**EG. I AM GOING TO...** Don't  
write "I want to..." This will set up  
your subconscious for success!

## WHAT DOES YOUR DREAM BODY LOOK LIKE?

**BE VERY SPECIFIC**



Lean/Cut

Ripped Athletic

Natural Fit

Built

Beast Mode

Once you have found the kind of physique you want, print it off put it somewhere you can see it every single day. (on your fridge, bedroom mirror).

# LETS GET STARTED

Now that you have a good idea about the PBB System, we can jump into the specifics on how to set up and a plant based diet work for you.

In PBB “Nutriton” manual, you’ll learn how to calculate body fat and learn how much protein you need every day to ensure you are burning fat and maintaining lean body mass.

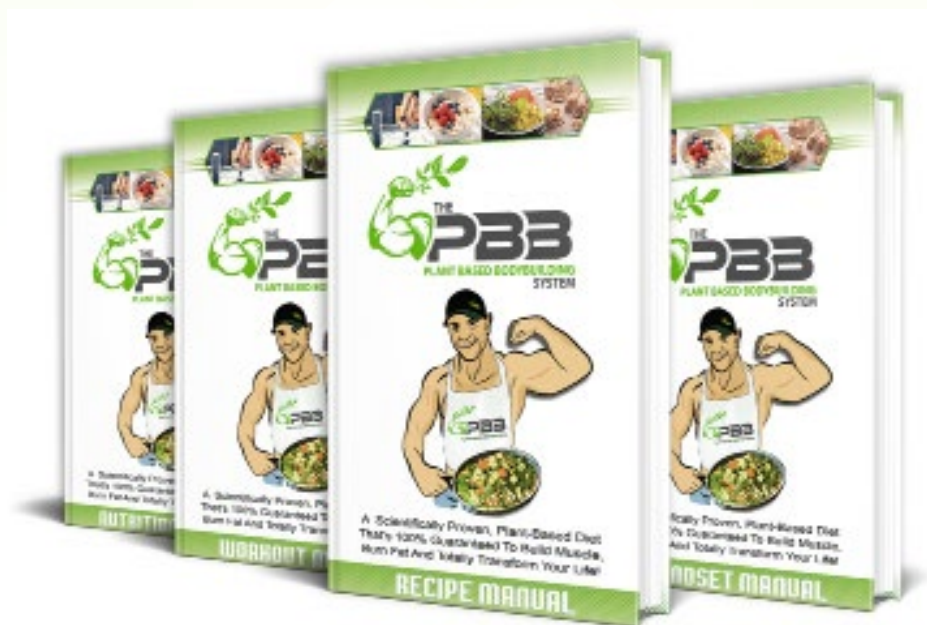
You’ll also secret tips for for maintaining your ideal body weight forever.

In The PBB Workout anual, you’ll get some incredibly effective, fatburning exercises that are combined with the Recipe Manual, to produce unbelievable amounts of muscle mass In the Mindset manual, you’ll learn more indept secrets to stay on top of your diet and training so that you will continue getting great results and enjoy the process at the same time.

I truly believe that if you follow The PBB System, you will quickly achieve your muscle and fat loss goal as well as experience the health benefits. I wish you all the best in your efforts and I do look forward to hearing about your body-transformation success!



**A SCIENTIFICALLY PROVEN, PLANT-BASED DIET  
THAT'S 100% GUARANTEED TO BUILD MUSCLE,  
MELT AWAY UNWANTED FAT AND  
TRANSFORM YOUR LIFE!**



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