

vegan rye bread recipe

Vegan Rye Bread Recipe: A Delicious and Wholesome Homemade Treat

Vegan rye bread recipe is one of those wonderful culinary projects that combines the hearty, earthy flavors of rye with the wholesome goodness of plant-based ingredients. Rye bread, known for its dense texture and slightly tangy flavor, has long been a staple in various European cuisines. When made vegan, it becomes not only a healthy option but also an inclusive one for those avoiding animal products. If you've ever wondered how to bake your own vegan rye bread at home, this guide will walk you through the essentials, tips, and tricks to create a loaf that's both satisfying and nourishing.

Why Choose Vegan Rye Bread?

Rye bread holds a special place in the world of bread due to its unique taste and nutritional profile. Unlike wheat, rye flour contains different gluten structures, which influence the bread's density and chewiness. For vegans, rye bread is a fantastic choice because it's naturally free from animal ingredients — no dairy or eggs are needed to bring out its best qualities.

Additionally, rye is rich in fiber, vitamins, and minerals, making it a heart-healthy option that supports digestion and sustained energy release. When you bake it yourself, you control the ingredients, ensuring there are no unwanted additives or preservatives.

Understanding the Basics of a Vegan Rye Bread Recipe

Key Ingredients and Their Roles

Creating the perfect vegan rye bread involves selecting the right ingredients that work harmoniously:

- **Rye Flour:** The star of the show, rye flour gives the bread its characteristic flavor and texture. You can use light, medium, or dark rye flour depending on your preference.
- **All-Purpose or Bread Flour:** Rye flour alone lacks the gluten necessary for a good rise, so blending it with wheat flour ensures a better crumb structure.
- **Yeast:** Active dry yeast or instant yeast helps the dough rise, creating that lovely airy texture.
- **Water:** Hydrates the flour and activates the yeast.
- **Sweetener:** A bit of sugar, molasses, or maple syrup feeds the yeast and adds a subtle sweetness.
- **Salt:** Enhances flavor and controls yeast activity.
- **Additional Ingredients:** Caraway seeds are a popular addition to rye bread, imparting a distinctive aroma and flavor. Some recipes also incorporate apple cider vinegar for a slight tang and improved shelf life.

Why Rye Flour Needs a Gluten Boost

Unlike wheat flour, rye contains less gluten and the gluten it does have behaves differently. This means rye bread tends to be denser and less elastic. To counteract this, most vegan rye bread recipes combine rye flour with wheat flour, ensuring the dough can trap gas bubbles produced by fermentation and rise properly. This combination yields a loaf that is firm but not overly heavy.

Step-by-Step Vegan Rye Bread Recipe

Here's a straightforward recipe to bake your own vegan rye bread at home:

Ingredients

- 2 cups rye flour
- 2 cups bread flour
- 1 ½ cups warm water (about 110°F/45°C)
- 2 teaspoons active dry yeast
- 1 tablespoon maple syrup or molasses
- 1 ½ teaspoons salt
- 1 tablespoon olive oil (optional, for softer crumb)
- 1 tablespoon caraway seeds (optional)

Instructions

1. **Activate the yeast:** In a small bowl, combine warm water, yeast, and maple syrup. Let it sit for 5-10 minutes until frothy.
2. **Mix dry ingredients:** In a large bowl, whisk together the rye flour, bread flour, salt, and caraway seeds if using.
3. **Combine wet and dry:** Pour the yeast mixture and olive oil into the dry ingredients. Stir until a sticky dough forms.
4. **Knead the dough:** Turn the dough onto a floured surface and knead for about 8-10 minutes until it becomes elastic. The dough will be stickier than typical wheat dough — that's normal.

5. **First rise:** Place the dough in a lightly oiled bowl, cover with a damp cloth or plastic wrap, and let it rise in a warm spot for 1 to 1.5 hours, or until doubled in size.
6. **Shape the loaf:** Punch down the dough gently and shape it into a round or oval loaf. Place it on a parchment-lined baking tray or in a greased loaf pan.
7. **Second rise:** Cover the dough again and let it rise for another 30-45 minutes.
8. **Bake:** Preheat the oven to 400°F (200°C). Optionally, brush the loaf with water for a crisp crust. Bake for 30-35 minutes until the crust is dark brown and the loaf sounds hollow when tapped.
9. **Cool and enjoy:** Let the bread cool completely on a wire rack before slicing.

Tips for Perfecting Your Vegan Rye Bread

Mastering Dough Consistency

Rye dough can be tricky because of its lower gluten content. Expect it to be stickier and less springy than wheat dough. Resist the urge to add too much extra flour — a slightly sticky dough ensures a moist crumb and prevents dryness.

Using a Proofing Basket

If you want an artisanal look with beautiful ridges, try proofing your dough in a banneton or proofing basket. Dust it with rye flour to prevent sticking. This step enhances the bread's shape and crust texture.

Enhancing Flavor with Sourdough Starter

For those interested in traditional methods, using a rye sourdough starter instead of commercial yeast can impart a deeper, tangier flavor and improve shelf life. It requires more time and attention but is well worth the effort for rye bread enthusiasts.

Serving and Storing Vegan Rye Bread

Vegan rye bread's dense texture and robust flavor make it perfect for a variety of delicious uses. It pairs wonderfully with savory toppings like hummus, avocado, or vegan cheese. For a classic touch, try it with pickled vegetables or mustard.

To store, keep the bread in a paper bag or wrapped in a clean cloth to retain crispness. Avoid plastic bags which can cause the crust to become soggy. Rye bread also freezes well; slice before freezing for quick, convenient servings later.

Exploring Variations of Vegan Rye Bread

Once you've mastered the basic vegan rye bread recipe, you can experiment with different additions and techniques:

- **Seeded Rye Bread:** Add sunflower, pumpkin, or flax seeds for extra texture and nutrition.
- **Whole Grain Rye:** Incorporate whole rye berries or cracked rye for a hearty, rustic loaf.
- **Sweet Rye Bread:** Include dried fruits like raisins or cranberries for a touch of natural sweetness.

By adjusting hydration, fermentation times, and flour ratios, you can tailor the bread to your taste and baking conditions.

Baking vegan rye bread at home is a rewarding experience that brings the warmth and tradition of old-world baking right into your kitchen. With a little practice, patience, and love, you'll enjoy slices of this wholesome, flavorful bread fresh from your oven — perfect for any meal or snack.

Frequently Asked Questions

What are the key ingredients for making vegan rye bread?

The key ingredients for vegan rye bread include rye flour, all-purpose or bread flour, active dry yeast, warm water, sugar or another sweetener, salt, and optional ingredients like caraway seeds or molasses for flavor.

How can I make vegan rye bread rise without using eggs?

To make vegan rye bread rise without eggs, use active dry yeast along with warm water and a small amount of sugar to activate the yeast. The yeast will help the dough rise naturally. Additionally, allowing the dough to rest in a warm place will promote proper rising.

Can I use gluten-free rye flour to make vegan rye bread?

Yes, you can use gluten-free rye flour, but since rye flour is naturally low in gluten, it's often mixed with wheat flour for structure. For a fully gluten-free vegan rye bread, consider combining gluten-free rye flour with other gluten-free flours like tapioca or rice flour and use xanthan gum or psyllium husk as a binder.

What baking temperature and time are best for vegan rye bread?

Vegan rye bread is typically baked at around 375°F (190°C) for 30-40 minutes. Baking times may vary

depending on the size of the loaf, so it's best to check for a hollow sound when tapping the bottom of the bread or an internal temperature of about 190°F (88°C) to ensure it's fully baked.

How can I add more flavor to my vegan rye bread recipe?

To enhance the flavor of vegan rye bread, add ingredients like caraway seeds, fennel seeds, molasses, or a touch of apple cider vinegar. Toasting the seeds before adding them can also deepen their flavor, and using a sourdough starter instead of commercial yeast can give the bread a tangy, complex taste.

Additional Resources

Vegan Rye Bread Recipe: A Delicate Balance of Tradition and Plant-Based Innovation

vegan rye bread recipe offers a compelling fusion of ancient grain heritage and contemporary dietary choices. As the demand for plant-based alternatives grows, crafting a loaf that honors the dense, tangy character of traditional rye bread while maintaining vegan integrity has become a culinary endeavor worth exploring. This exploration not only caters to vegans but also appeals to bread enthusiasts interested in wholesome, flavorful baking.

Understanding Rye Bread in a Vegan Context

Rye bread, known for its robust flavor and dense texture, traditionally relies on rye flour, which contains less gluten than wheat flour. This lower gluten content results in a tighter crumb and a distinctive chew. Classic rye bread recipes often incorporate ingredients like butter, milk, or honey, which present challenges for vegan adaptation.

The vegan rye bread recipe substitutes these animal-derived components with plant-based alternatives while preserving the bread's signature qualities. This requires a nuanced understanding of ingredient functionality, particularly when balancing hydration, fermentation, and flavor development.

The Role of Rye Flour and Gluten Development

Rye flour is unique due to its pentosan content, which absorbs water differently than wheat gluten. This characteristic affects dough elasticity and rise, often leading to denser loaves. In vegan rye bread recipes, combining rye flour with high-protein wheat flour or vital wheat gluten can enhance structure, compensating for the absence of eggs or dairy.

Additionally, sourdough cultures are frequently employed to improve flavor complexity and dough stability. The fermentation not only deepens the bread's earthy notes but also contributes to a lighter texture, mitigating rye's natural density.

Key Ingredients in a Vegan Rye Bread Recipe

Formulating a vegan rye bread recipe hinges on selecting ingredients that replicate traditional bread components without compromising plant-based principles.

- **Rye Flour:** The cornerstone for authentic flavor and texture.
- **Whole Wheat or Bread Flour:** Used to supplement gluten content and improve dough elasticity.
- **Water:** Hydrates the dough; temperature control is critical for fermentation.
- **Yeast or Sourdough Starter:** Leavens the bread, impacting texture and taste.
- **Sweeteners:** Options like molasses or maple syrup add subtle sweetness and aid browning.
- **Salt:** Enhances flavor and regulates yeast activity.
- **Oil or Plant-Based Fats:** Olive oil or coconut oil can improve crumb softness and shelf life.

Avoiding animal-derived ingredients such as butter or milk necessitates these substitutions, ensuring the recipe remains vegan while delivering comparable sensory experiences.

Techniques and Considerations for Optimal Results

Mastering a vegan rye bread recipe requires attention to mixing, fermentation, and baking processes:

1. **Hydration Levels:** Rye flour's high water absorption calls for precise measurement; too little water results in a dry crumb, too much yields a sticky dough.
2. **Kneading:** Minimal kneading is recommended since rye's gluten is fragile; overworking can lead to a gummy texture.
3. **Fermentation:** Extended fermentation periods, particularly with sourdough, enhance flavor and digestibility.
4. **Shaping and Proofing:** Gentle handling preserves dough structure; proofing times vary depending on ambient temperature.
5. **Baking:** Baking at moderate to high heat with steam creates a crusty exterior while maintaining moistness inside.

These techniques underpin the success of vegan rye bread, balancing the bread's dense nature with

palatable softness and flavor depth.

Comparative Insights: Vegan Rye Bread Versus Traditional Rye

While traditional rye bread often includes dairy or honey, vegan rye bread recipes exclude these, which can alter taste and texture. However, plant-based sweeteners and oils can replicate sweetness and moisture effectively.

Nutritionally, vegan rye bread may offer advantages such as reduced saturated fat and cholesterol, aligning with plant-based dietary goals. Rye itself is rich in dietary fiber, particularly soluble fiber, which supports digestive health and satiety. The use of whole grain rye flour preserves these benefits.

From a culinary standpoint, vegan rye bread can be as versatile as its conventional counterpart, suitable for sandwiches, toasts, or accompaniment to hearty soups. Some bakers report that vegan rye bread tends to have a slightly denser crumb but compensates with enhanced moisture retention due to plant-based oils.

Potential Challenges and Solutions

One challenge in vegan rye bread baking is achieving a satisfactory rise. The absence of eggs or dairy proteins, which can aid leavening and tenderness, means that bakers must optimize yeast activity and fermentation.

Solutions include:

- Incorporating vital wheat gluten to boost elasticity.
- Using sourdough starters to improve fermentation dynamics.
- Adding natural sweeteners like molasses to feed yeast and enrich flavor.
- Employing plant-based oils to enhance crumb softness and shelf life.

Experimentation with these elements allows bakers to tailor the loaf to specific preferences while maintaining vegan standards.

Practical Applications and Serving Suggestions

Vegan rye bread's robust flavor profile lends itself well to a variety of culinary uses. Its characteristic tang and dense texture pair well with savory spreads like hummus, avocado, or nut-based cheeses.

Additionally, it complements pickled vegetables, smoked tofu, or marinated tempeh, creating balanced and flavorful plant-based meals.

In breakfast settings, toasting vegan rye bread and topping it with fruit preserves or nut butters offers a wholesome alternative to traditional options. The bread's fiber content contributes to prolonged energy release, making it a nutritious choice for active lifestyles.

Moreover, vegan rye bread can be an excellent base for open-faced sandwiches, popular in Scandinavian cuisine, where rye bread's authenticity is paramount. Its adaptability underscores its value beyond vegan kitchens.

Storage and Shelf Life Considerations

Due to rye bread's moisture content, it tends to stale more slowly than wheat bread. Incorporating oils in vegan recipes further extends freshness. To maximize shelf life:

- Store in airtight containers at room temperature for up to 3 days.
- Freeze slices individually to preserve quality for longer periods.
- Avoid refrigeration, which can accelerate staling in bread.

Proper storage maintains the bread's texture and flavor, ensuring optimal enjoyment over time.

The vegan rye bread recipe embodies a thoughtful blend of tradition and innovation. By carefully balancing ingredients and techniques, it is possible to produce a loaf that upholds the sensory and nutritional qualities prized in rye bread, while fully embracing a plant-based ethos. This baking endeavor speaks to the evolving landscape of food culture, where heritage grains and vegan principles converge to create new culinary narratives.

[Vegan Rye Bread Recipe](#)

vegan rye bread recipe: Richard Hart Bread Richard Hart, Laurie Woolever, 2024-11-05 A comprehensive guide to the craft of baking bread, featuring more than 60 recipes filled with all the expertise and experience of the founder of Copenhagen's Hart Bageri and former head baker at San Francisco's Tartine. "Sourdough bakers have a serious contender for a new bread bible."—Plate "Richard Hart restores the heart to bread baking."—Yotam Ottolenghi Richard Hart Bread is the guide to the intuitive art of baking bread. By learning how to see, taste, touch, and adapt, readers can find their own way to making truly wonderful bread—from blistering sourdoughs to rich rye pan loaves and more. Rather than focusing obsessively on precise formulas, Richard teaches both aspiring and seasoned bakers all his key techniques without holding anything back. Through gorgeous photography, explanatory videos accessed on page through QR codes, and thorough descriptions of methods, you'll have all the tools you need to make great breads. Rich in stories and Richard's boundless enthusiasm, this book will make you fall ever deeper in love with bread.

vegan rye bread recipe: The Veganopolis Cookbook David Stowell, George Black, 2010-10-01
Vegan cooking has been exploding in popularity over the past decade. Once limited to a small number of zealous adherents, veganism has become steadily more mainstream. David Stowell and George Black's Veganopolis Cafeteria restaurant developed a huge international following for its delicious, no-nonsense, versatile vegan cooking. Now, they've captured their most popular Veganopolis recipes in their new cookbook, featuring the breadth of delicious, versatile, and accessible recipes that popularized their restaurant. This is not ground-level vegan cooking. Though there are plenty of simpler recipes for kitchen novices — including lots of soups, sandwiches, and salads — it also offers lots of more ambitious recipes. The Veganopolis Cookbook is an important addition to the home-chef's bookshelf and every bookstore's vegan cooking section.

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From game day snacks to birthday sweets, the recipes are so tempting, readers might not be able to resist their allure until the prescribed holiday (VegNews). Celebrations mean food—lots of it! But if you, your family, or your friends are among the ever-growing millions of people eating vegan, you might be wondering: How can I make classic holiday and party fare—without milk, cheese, eggs, or meat? This cookbook answers that question! Alicia C. Simpson, author of Quick and Easy Vegan Comfort Food, is out to prove that sharing delicious vegan eats will make you a party starter (and definitely not a party pooper). From Seitan Parmesan and Sweetheart Sangria for Valentine's Day, to Tourkey Cutlets and Roasted Garlic Smashed Potatoes for Thanksgiving, Alicia serves up all your holiday favorites—with complete menus for: New Year's Eve • Valentine's Day • Game Day • Mardi Gras • St. Patrick's Day • Easter • Cinco de Mayo • Independence Day • Halloween • Thanksgiving • Hanukkah • Christmas • Kwanzaa • . . . Plus Birthday Sweets! Not a gourmet chef? Not to worry! Everything from Naw-Fish Étouffée to Vanilla Bean Ice Cream is quick and easy to prepare. Quick and Easy Vegan Celebrations takes the guesswork out of get-togethers, so all you have to do is send out those invitations—and enjoy the vegan cooking, partying . . . and eating! Alicia makes vegan cooking non-intimidating and comfortable. — VegKitchen

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low-carb diet, you'll find unique ideas for satisfying, fiber-rich meals that are built around healthy vegetables and fruit, --Amazon.com.

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vegan rye bread recipe: Christina Pirello's Wellness 1000 Deluxe Christina Pirello, 2013-11-19 The deluxe edition of Christina Pirello's *Wellness 1000* features the complete text, more than 25 exclusive, original videos featuring cooking techniques, health tips and key nutritional and ingredient information, and more than 70 color photos of dishes from the book. This collection of more than 1,000 recipes, tips, techniques and health information draws together the best of Christina's work from the last two decades. Featuring updated and revised selections from her half-dozen or more cookbooks and recipes from her website, *Christina Pirello's Wellness 1000* is more than a cookbook. From basic stocks, sauces and dressings to soup, salads, and main dishes to special sections on tempeh, grains, tofu, and desserts, this comprehensive guide to healthful cooking and living also includes a "kitchen pharmacy" of natural home remedies, an extensive glossary and a guide to kitchen staples. Throughout, Christina offers sound advice and useful information to help readers make the best choices for themselves and their families, and gives them the most important tool available to change their health -- and to change the world: cooking and eating real food.

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Whether you're a longtime patron or new to vegetarian cooking, this collection invites you to experience the timeless appeal of fresh, wholesome food made with love. Each recipe is accompanied by full-color photography and Claire's warmhearted stories, making this book both a practical cookbook and a touching tribute to one of America's most enduring vegetarian establishments.

vegan rye bread recipe: Christina Pirello's Wellness 1000 Christina Pirello, 2013-11-19 Illustrated with full-color photos, this collection of more than 1,000 recipes, tips, techniques and health information draws together the best of Christina's work from the last two decades. Featuring updated and revised selections from her half-dozen or more cookbooks and recipes from her website, Christina Pirello's Wellness 1000 is more than a cookbook. From basic stocks, sauces and dressings to soup, salads, and main dishes to special sections on tempeh, grains, tofu, and desserts, this comprehensive guide to healthful cooking and living also includes a "kitchen pharmacy" of natural home remedies, an extensive glossary and a guide to kitchen staples. Throughout, Christina offers sound advice and useful information to help readers make the best choices for themselves and their families, and gives them the most important tool available to change their health -- and to change the world: cooking and eating real food.

vegan rye bread recipe: Mother Grains: Recipes for the Grain Revolution Roxana Jullapat, 2021-04-20 Finalist for the IACP Cookbook Award in Baking and the James Beard Foundation Book Award in Baking and Desserts Named a Best Cookbook of the Year by Bon Appétit, NPR, Washington Post, Epicurious, WBUR Here & Now, and Five Books Named a Best Cookbook of the Spring by Eater, Epicurious, and Robb Report The key to better, healthier baked goods is in the grain. Barley, buckwheat, corn, oats, rice, rye, sorghum, and wheat will unlock flavors and textures as vast as the historic lineages of these ancient crops. As the head baker and owner of a beloved Los Angeles bakery, Roxana Jullapat knows the difference local, sustainable flour can make: brown rice flour lightens up a cake, rustic rye adds unexpected chewiness to a bagel, and ground toasted oats enrich doughnuts. Her bakery, Friends & Family, works with dedicated farmers and millers around the country to source and incorporate the eight mother grains in every sweet, bread, or salad on the menu. In her debut cookbook, Roxana shares her greatest hits, over 90 recipes for reinventing your favorite cakes, cookies, pies, breads, and more. Her chocolate chip cookie recipe can be made with any of the eight mother grains, each flour yielding a distinct snap, crunch, or chew. Her mouthwatering buckwheat pancake can reinvent itself with grainier cornmeal. One-bowl recipes such as Barley Pumpkin Bread and Spelt Blueberry Muffins will yield fast rewards, while her Cardamom Buns and Halvah Croissants are expertly laid out to grow a home baker's skills. Recipes are organized by grain to ensure you get the most out of every purchase. Roxana even includes savory recipes for whole grain salads made with sorghum, Kamut or freekeh, or easy warm dishes such as Farro alla Pilota, Toasted Barley Soup, or Gallo Pinto which pays homage to her Costa Rican upbringing. Sunny step-by-step photos, a sourcing guide, storage tips, and notes on each grain's history round out this comprehensive cookbook. Perfect for beginner bakers and pastry pros alike, Mother Grains proves that whole grains are the secret to making any recipe so much more than the sum of its parts.

vegan rye bread recipe: Food Is the Solution Matthew Prescott, 2018-03-20 This book is full of recipes that are good to eat and good for the earth. Check it out. -Ellen DeGeneres In Food Is the Solution, Matthew Prescott, Senior Food Policy Director for the Humane Society and a leader in the environmental food movement, shows how our plates have the power to heal the world. This lavishly designed resource and recipe collection shows how anyone can help solve the world's major issues—environmental problems chief among them—simply by incorporating more plants into their diets. Featuring investigative reporting, compelling infographics, and essays from notable contributors like Dr. Michael Greger, John Mackey, James Cameron, Paul McCartney, and Wolfgang Puck, Food Is the Solution will inspire us all to put more plants on our plates. What we eat will determine what kind of world we live in and what kind of world we live on—and Matthew Prescott proves that meat-heavy diets are destroying the planet. Imagine a world in which we are all

healthier. Imagine a world where the air is clean, forests dense, water pure, and animal life healthy. That world is a happier world, a better world—and the delectable plant-based foods Prescott shows us how to prepare in *Food Is the Solution* will help us create it. “Food is power, and this book will help you use it.” — Chef David Chang, *Momofuku* “Devour this book. Eat it up. It might just save your life and the world.” — Michael Greger, MD, New York Times bestselling author of *How Not to Die*

vegan rye bread recipe: Vegan Christmas Gaz Oakley, 2018-09-06 Vegans and vegetarians everywhere will have the best holiday period ever with Gaz Oakley's fantastic alternatives to the traditional turkey and trimmings. Gaz is an expert in bold flavours and textures, so everyone can enjoy a spectacular centrepiece and amazing food throughout the festive season. Gaz talks you through the menus and the planning, from Christmas morning breakfast like Sweet Potato Waffles and Tofu Benedict, through to a show-stopping lunch with the likes of Ultimate Christmas Wellington, Turkey Roast and Festive Nut Roast Wreath served with all the trimmings: No Pigs in Blankets, Hasselback Potatoes and Fluffy Yorkshire Puddings – all rounded off with spectacular dairy-free puds including Boozy Tiramisu and Creme Brûlée Tarts. There are vegan versions of mince pies, Pavlova and the traditional Christmas Pudding with Custard, and even a cheese board for afters! And it's not just about the big day: Gaz offers a supreme spread of party food for when you're celebrating with guests - Mini Sausage Rolls, Sticky BBQ Ribs and Arancini, among many others, plus ideas for Boxing Day leftovers including Bubble & Squeak, Christmas Curry and Gyros. Packed with suggestions for the festivities and advice on how to keep cool in the kitchen if you're cooking on the big day, *Vegan Christmas Cookbook* offers every solution you'll ever need for what to cook for vegans and vegetarians at Christmas.

vegan rye bread recipe: Stop Thinking Start Acting Adem Garip, 2020-10-14 I am a qualified personal trainer and worked as a freelance trainer for many years at LA Fitness South Kensington. The gym was chosen as the best gym of the company in the UK. Helped hundreds of clients to achieve their fitness goals. Many countless studies have shown, diet plays a major role towards a healthy body. As a rule of thumb, weight loss is general 75 percent diet and 25 percent exercise. What is the best way to diet and workout? Many of us having problems with losing weight, staying strong and being healthy at the same time. Reason for that is following fad diets! Your body is a wonderful machine ever created. In order to function properly you need to give yourself the best possible intake of nutrients to allow your body to be healthy. Strength training is an important part of an overall fitness program. 12 weeks of Home and Gym Workout plan will reduce your body fat, increase lean mass and burn calories more efficiently! Over fifty healthy and delicious recipes will help towards your optimum nutrition. WINNERS DON'T MAKE EXCUSES! DON'T BE AVERAGE BE THE BEST YOU CAN BE!

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