

# Vegan Bodybuilding & Fitness

"Looking at Robert, you can clearly see his big muscles. Hearing him speak, you can clearly see his big heart. This man is a powerhouse of passion, dedication, and determination."

Rory Freedman  
Author of the #1 New York Times  
Best Selling Book Skinny Ditch

## VEGAN BODYBUILDING & FITNESS



The Complete Guide to Building  
Your Body on a Plant-Based Diet

**Robert Cheeke**  
The World's Most Recognized Vegan Bodybuilder

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## 标签

锻炼

营养

素食

## 评论

<http://article.yeeyan.org/view/179902/245681>  
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## 书评

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