

“Think of the plant-based diet as your secret weapon! It’s helped me reach far more than I ever thought was possible in athletics and fitness and it can do the same for you.”

- **Mid afternoon snack** – rice cakes and peanut butter or apple and peanut butter
- **Dinner** – Vegan sausages and broccoli or vegan curry or chilli with veg and brown rice
- **Mid evening snack** – Vegan protein yoghurt or a handful of cashews.

**Days off** I just let my body tell me what it needs.

**Advice for new vegan athletes**

I was always fairly sporty, but the vegan diet has led me to taking that love of health and fitness further. My advice is take the challenge – look at the Veganuary campaign – take that first step to going vegan and see how much your health, sleep, skin, mind, and energy levels all improve. For those who are already vegan, think of it as your secret weapon! It’s helped me reach far more than I ever thought was possible in athletics and fitness and it can do the same for you.

“Robert Cheeke is one of the most influential vegan athletes of all time. He is the most recognizable vegan bodybuilder in the world and has also made a name for himself as an inspirational speaker and fitness motivator. As the first to publish a book on vegan bodybuilding, and create an extremely popular website on the same topic, Robert pioneered a movement. Now, he takes it to the next level (I would expect nothing less from him) with this new book that speaks to everyone, at every level of fitness and health and gives the reader the tools to improve their life in many important ways. This is a **MUST READ** for anyone who wants to be fit, strong, and healthy.”

— Brenda Carey, Editor in Chief/Founder, *Vegan Health & Fitness Magazine*



*\*No compensation was received for these awards so that we may bring you our honest, unbiased opinion.*

**Sunfood Superfoods: SuperGreens & Protein**

Get your daily greens + protein all in one delicious smoothie! Supergreens & Protein is made with raw, organic ingredients like wheatgrass, spinach, kale, chlorella, spirulina, kelp, dandelion leaf, ginger, lacuma & sprouted rice protein to strengthen immunity and improve athletic performance and recovery.

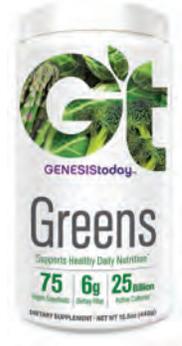


**Naturade: VeganSlim**

Meet VeganSlim. Plant-Protein-rich sources (with chia & chlorella!), supports healthy blood sugar balance and tastes delish. With no artificial flavors, sweeteners, colors or preservatives 6 grams of fiber, 200mg omegas and plenty of plant protein + enzymes, VeganSlim has gotcha covered!

**GenesisToday: GREENS**

We love the abundance of dark leafy greens + plant-based superfoods in this tasty gluten-free formula. Packed with Vitamins A, C & K, iron, calcium and magnesium + whole grain fiber, enzymes and 25 billion probiotics for the ultimate in digestive and immunity support.



**Vibrant Health: Green Vibrance**

Straight from the company that started the Green Food category in 1992, Green Vibrance is seriously packed with green superfood goodness. With over 70 ingredients, 25 billion probiotics, enzymes, superfruit, plenty of veggies, vitamins, trace minerals, and adaptogens, Green Vibrance is seriously a one-stop solution – simply add it to your smoothie, plant-milk or juice and take your greens to go.



**HealthForce: Chlorella Manna**

Chlorella is truly da bomb of superfoods and Chlorella Manna is what we call the Gold Standard. Both a whole-body rejuvenator and powerful detoxifier, Chlorella Manna is loaded with the phytonutrient Chlorella Growth Factor + a full-spectrum of absorbable nutrition including 50-60% protein. Chlorella Manna™ is grown in a carefully controlled system, resulting in a product free from heavy metals, pesticides, microbes, and other pollutants.

**Garden of Life: Perfect Food Energizer**

Your energizing superfood solution! Powerful juiced raw greens + a hint of Yerba Mate. Tastes great (even with water!) and mixes easily. Perfect for that pre-workout energy boost without the crash found in most sugar-laden energy drinks.



**Macacchino: Black Reserve**

Discover a new way to energize. Macacchino is a hand-roasted powerful blend of black, red & yellow maca + cocoa, mesquite powder, cinnamon, nutmeg and beetroot powder for its amazing cardiovascular and endurance benefits. Simply add hot water, sweetener of choice and a splash of plant milk for an instant, delicious, energizing maca-licious delight!

**SMART Pressed Juice: Cold-Pressed Greens**

Alas, a cold-pressed portable greens your body craves. Packed with 20+ farm-fresh veggies + green grass juice this unique portable raw powder is brimming with revitalizing phytonutrients and antioxidants to keep you well-nourished.

