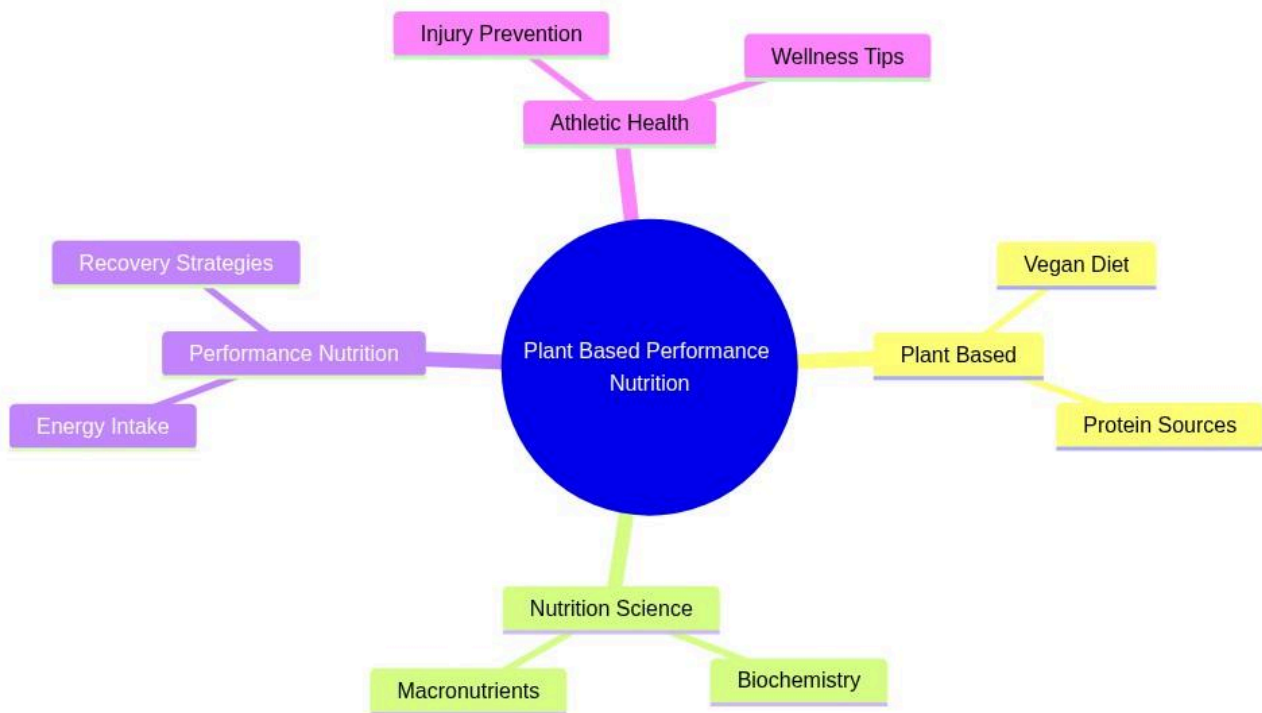


Vegan and Vegetarian Sports Nutrition

Plant-Based Performance Nutrition



mindmap

root((Plant Based Performance Nutrition))

Plant Based

Vegan Diet

Protein Sources

Nutrition Science

Biochemistry

Macronutrients

Performance Nutrition

Energy Intake

Recovery Strategies

Athletic Health

Injury Prevention

Wellness Tips