

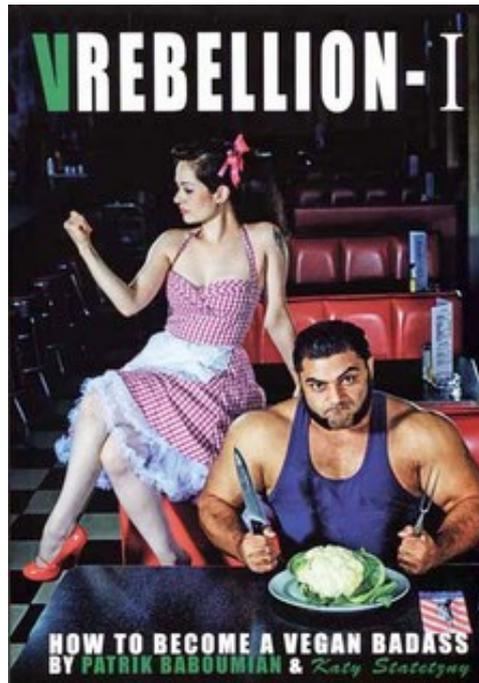
Baboumian P. / Statetzny K. VREBELLION - I

Leseprobe

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FOREWORD

PATRIK BABOUMIAN

As I write these lines I weigh 125 Kilos. Yet for the last two years, I have chosen to eat an exclusively vegan diet—that is, food entirely based on plants. I don't consume any animal products. The fact that I managed to develop my body through eating a purely vegan diet repeatedly baffles my contemporaries and always prompts the same questions: What is the source of protein in your diet?

How can you weigh so much given your exclusively vegan diet? One question an elderly gentleman asked me while I was speaking about veganism in Poland stands out in my memory as particularly charming: how could I get so fat while subsisting entirely on a vegan diet? Well, my answer to this man and anyone else who wonders about it is this: your size does not depend on whether you're eating vegan or not. It depends upon how much you eat—and I definitely eat too much. Simply put, I eat much more than my body needs and as a consequence I gain weight. In this case, my size does not depend upon whether I am a vegan or not,

I am not a vegan for nutritional reasons. It's just that I want nothing to do with the suffering of animals.

I do not want to contribute to the exploitation or death of living creatures through my diet. That is the primary reason why I am vegan. Still, other questions persist: why are people surprised by my choice, and how is it possible to gain the amount of weight I have through a vegan diet? I believe that there is a simple error in reasoning that plays a big role here: as soon as somebody mentions that he or she is living on a diet that is based purely on plant products people immediately assume greens and vegetables.

The first picture that comes to mind when one hears the word „vegan" is a diet consisting mainly of vegetables and salad. We know that vegetables and salad consist mainly of water, so presumably one has to eat gigantic amounts of vegetables and salad in order to gain any weight. That's why many people probably ask themselves how one can get so heavy while on a vegan diet. How is this even possible?

Well, you simply have to think about the fact that a vegan diet does not consist of salad and vegetables alone but also food like nuts or legumes with high calorie con-

tent. Even if we consider the food that many meat-eaters rely on as a source of energy we find that much of it is of plant origin as well. Whether it is potatoes or oatmeal, rice or noodles made from durum wheat semolina, there are plenty of wonderful sources of energy for the body that are not meat. Peanuts, for example, are a wonderful source of protein. They contain a higher amount of protein than a steak and have a higher energy density than most animal products. The peanut contains lots of vegetable fats as well. It's wonderfully suited to supply us with calories and with protein. I could go on and on about all kinds of other legumes like beans, lentils, or peas and list their contents as well. We would find that it is possible to supply one's protein requirements as well as one's energy needs through crop products without any problems. And, as you can see merely by looking at me, you can get fairly chubby through plant products as well.



I wrote this book on the one hand to answer frequently asked questions about vegan nutrition and how⁷ my diet enables me to gain weight, power and muscles. On the other hand I want to provide a little insight into the unique particularities of my vegan diet, because I simply think that there are certain things I do differently. Maybe I can give one or two useful hints to people interested in the vegan lifestyle regarding how they can understand what it involves in practical terms that would save them time and trouble.

First of all I want to say that I have a very pragmatic approach to nutrition. I never made a science out of my diet, neither before I went vegan nor after. I have a certain basic knowledge of nutritional physiology because I have practiced a high-performance sport for 20 years. But despite extensive study of innumerable scientific

THE LIQUID SECRET

publications about the subject, I am still of the opinion that in everyday life one shouldn't make a science out of one's diet. Food should be **fun**, and because I believe that our food intake is specified by our metabolism, our daily schedule and innumerable other individual factors, there is no standard prescribed approach to a vegan lifestyle which could serve everyone in the same manner. If your expectations of a vegan lifestyle emphasize its apparent complexities, then it might feel naive to expect that you would ever be able to measure every single gram or record every detail of every meal in order to make the diet work. It might seem even more complicated since the meals change every day. It seems presumptuous to assume that one can step into a vegan way of life and immediately see results from that choice. I don't perceive such a strict approach as viable-- and even if it was, it wouldn't be very fun. It's absolutely fine when other people want to submit themselves to a meticulous plan and feel happy **with** it, or have a very detailed, thoroughly structured daily routine and live according to it.

I myself am more disorganized and I enjoy the chaos and freedom this offers me. If there are people out there who are of another opinion or don't see this in the same way as I do, then I want to show those people how you can implement certain principles in your daily diet in a pragmatic way, without subjecting your entire life to a strict schedule.

There is one question that I'm asked frequently 'How do you manage to gain so much weight so fast?'

In most cases this is followed by the statement 'I can eat what I want and don't gain weight.' I must have heard this about a thousand times during those last twenty years that I have practiced strength athletics.

There are also many people who eat vegan who have the same problem. And there are just as many people who eat a mixed diet, who are of the opinion that they can eat whatever they choose and yet don't put on any weight. The problem is that these people are in most cases not truly aware of the fact of how many calories they actually could take in, if only they would do it the right way. During the last few years I had to deal very often with people who thought they would eat a lot, but in reality they didn't even come close to eating as much as they could if they knew how to do it properly.

*One trick is to take
in gigantic amounts
of calories
in liquid form*

One trick is to take in gigantic amounts of calories in liquid form through adding liquid calories after one is full. The big secret of how I managed to achieve a surplus of calories over all these years is that I drank my calories. In certain times I took in more than 60% of my calories in liquid form. That means that in a sense I ate substantially less than those people who asked me in a baffled or perplexed way what they can do to gain weight. I certainly ate less solid food than these people and still took in the double amount of calories because I simply fed on 60% of liquid food. The benefit of liquid calories is that they are simply more wholesome for the body. It's easier to digest a protein shake or a smoothie than for example a handful of peanuts. In addition to that liquid calories are not very filling. That means for somebody who wants to lose weight they are 'deadly'. A high density of calories is for the person that wants to gain weight through a high caloric density that doesn't fill up his or her stomach too much but still allows an intake of a high amount of calories. I achieve this simply by throwing all the ingredients that I like to have, e.g. protein, fat, carbohydrates etc. in the purest possible



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