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Cookbook will delight your family and bring the incredible benefits of a plant-based lifestyle into your home. Foreword by Ryan Seacrest

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The 22-day Revolution Cookbook :

Marco Borges : 9781101989586

His plant-based program, 22 Days
Nutrition, spawned the book 22-Day
Revolution — which was so successful
that Borges is back with a follow up,
The 22-Day Revolution Cookbook.

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plant-based foods. The plan differs
from a traditional vegan diet...

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His innovative exercise and nutrition programs are helping guide millions of people to healthier lifestyles. He is the author of "The Greenprint", "The-22 Day Revolution", "The 22-Day Revolution Cookbook" and "Power

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Moves". He lives by a simple mantra:
"Every day is a new opportunity to
live the life you want!"

About Us – 22 Days Nutrition

The 22-Day Revolution Cookbook
creates the road map for the journey.
If you 're looking to kick-start a

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healthy lifestyle, Marco has created four customizable meal plans that will help you reach your weight-loss and fitness goals—from serious weight loss to maintaining and building muscle.

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Sure we had our doubts when
Beyoncé and Jay-Z announced that
they were going vegan for 22 days at
the end of 2013, but the proof is in

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the chia pudding: they did it and look DAMN GOOD. All of a sudden, our usual bacon-filled Twitter and Facebook feeds are filled with friends taking on the challenge in their own kitchens and we want to help. If you think meat is irreplaceable, we have 22 ...

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22 Insane Recipes to Get You Through
Your/Beyonce ' s 22 Day ...
In February this year, Beyoncé
partnered with her trainer, Marco
Borges, to create an organic, vegan,
gluten-free, soy-free meal delivery
service called 22 Days Nutrition.

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Beyoncé and Jay-Z went vegan for 22 days in December of 2013 with the help of Borges and both became enthusiastic supporters of the challenge. Thus, she went into business with her trainer to help other people feel as ...

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I Tried the Vegan Meals from Beyoncé
& 22 Days Nutrition ...

As New York Times best-selling author, his publications include: The Greenprint, The 22-Day Revolution, The 22-Day Revolution Cookbook and Power Moves. Over the years he has written for The Miami Herald,

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Marco Borges - Wikipedia

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the book's more than 150 recipes to
your individual goals. Living by the 22
Days mandates also means that I get
to enjoy these delicious and healthful
recipes, which make me feel my
absolute best Ryan Seacrest, TV/Radio
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