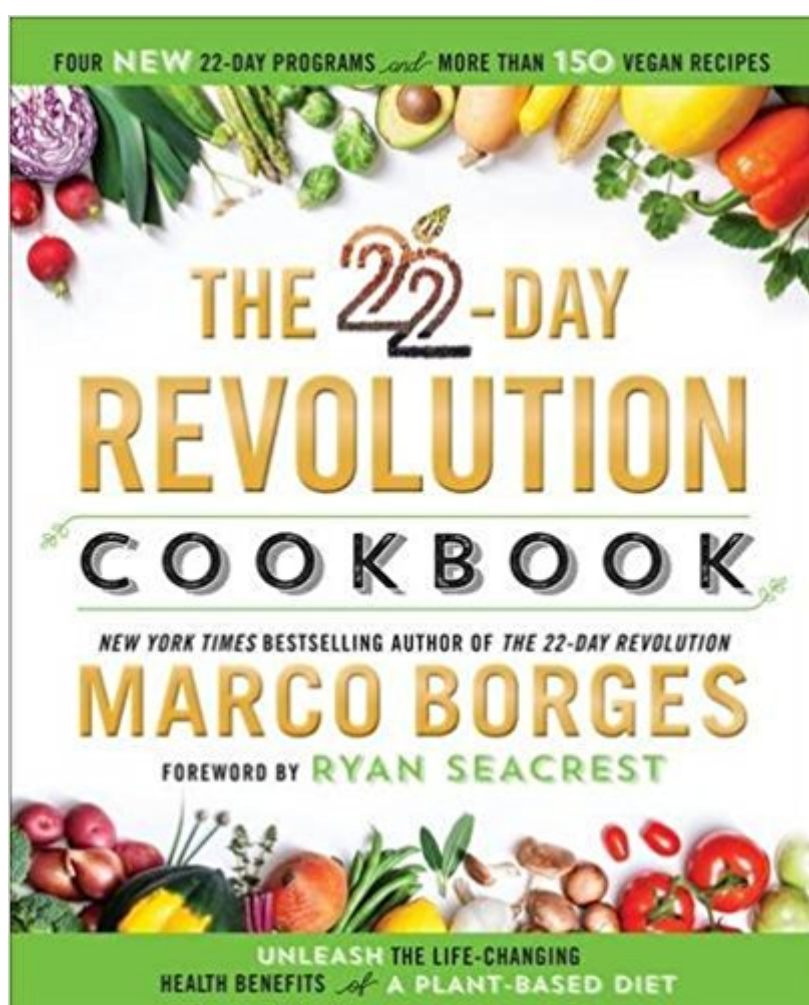


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# The 22-Day Revolution Cookbook: The Ultimate Resource For Unleashing The Life-Changing Health Benefits Of A Plant-Based Diet



## Synopsis

From the author of the massive bestseller *The 22-Day Revolution* comes a plant-based cookbook full of the tools you need to live a healthier, happier life, with more than 150 all-new, mouth-watering recipes and customizable meal plans to create your own 22-Day Revolution program. Since health expert and exercise physiologist Marco Borges first introduced his groundbreaking plant-based program in *The 22-Day Revolution*, the revolution has become a movement, motivating thousands of readers and followers worldwide to take control of their health, lose weight, and create better habits in just 22 days. Now Marco shares more than 150 mouthwatering recipes he's cultivated over the years working with high-profile artists including Jay Z, Jennifer Lopez, Pharrell Williams, Gloria Estefan, Shakira, and Beyoncé—the food program is credited with creating some of the hottest bodies in Hollywood. Plant-based nutrition has taken center stage as more and more people achieve optimum health by significantly reducing their risk of serious health concerns like high cholesterol, heart disease, high blood pressure, and diabetes. *The 22-Day Revolution Cookbook* creates the road map for the journey. If you're looking to kick-start a 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. From decadent classics such as Mac & Cheese and juicy Black Bean & Quinoa Burgers to the innovative flavors of the Teriyaki Veggie Bowl with Meatless Balls and Walnut Chili—*The 22-Day Revolution Cookbook* will delight your family and bring the incredible benefits of a plant-based lifestyle into your home. Foreword by Ryan Seacrest

## Book Information

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## Customer Reviews

Praise for Marco Borges and The 22-Day Revolution Cookbook

“The 22-Day Revolution Cookbook is an incredible tool, as you can tailor 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 Host and Producer

“Marco Borges has created The 22-Day Revolution Cookbook to make my job easier and more effective. I recommend it enthusiastically as the answer to the health crisis in the USA, and it will unleash a revolution of healthy bodies and souls.”

—Joel K. Kahn, MD, Professor of Medicine and Author of The Whole Heart Solution

“Marco is one of the most inspiring voices of health we’ve known. Working with him was very motivating and made a big difference in our well-being.”

—Emilio and Gloria Estefan

“22 Days Nutrition is everyday nutrition. It has forever changed the way I eat and enjoy food. 22 Days is the key to more success, more wins, and more blessings.”

—DJ Khaled

Marco Borges is an exercise physiologist, founder of 22 Days Nutrition, New York Times bestselling author and plant-based living advocate. Passionate about guiding people to develop healthier lifestyles, he has spent the last 20 years as a lifestyle coach and touring the world empowering others with tools for ultimate wellness. He is the author of The 22-Day Revolution, as well as Power Moves: The Four Motions To Transform Your Body For Life. He lives in Miami with his wife and their three sons.

I just received the book today and I love the way it’s set up! It has 4 flexible plans you can choose from and you can pick the one that fits your goal best. But the best part is that, from within the plan you choose, you actually pick which meals you want to make for each day.. sooo cool, can’t wait to start!

Love this cookbook and love Marco Borges and all he has done to help people change the way they eat! This book has incredible pictures and enticing recipes that are sure to please. There are easy to follow plans to help anyone get on track with a plant based diet! Beautifully done! Keep up the great work 22 Days!!! You never disappoint

Great book, second 22-day book bought and love the entire book. Great recipes that are easy to follow and get right and tweak if needed.

Amazing cookbook. We've cooked maybe 10 so far from this book and they have all been really tasty and worth cooking again. We already have a go-to meal.

Excellent vegan recipes! Just what I needed to supplement my own rotation of recipes. Easy to follow and uses simple easy to find ingredients.

Love it and the cashew cheese and bread recipes.

I am transitioning into a more important Kant based diet & find this book so helpful. The recipes are easy to follow. Very happy with this book.

Great cookbook with helpful hints on getting healthy.

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