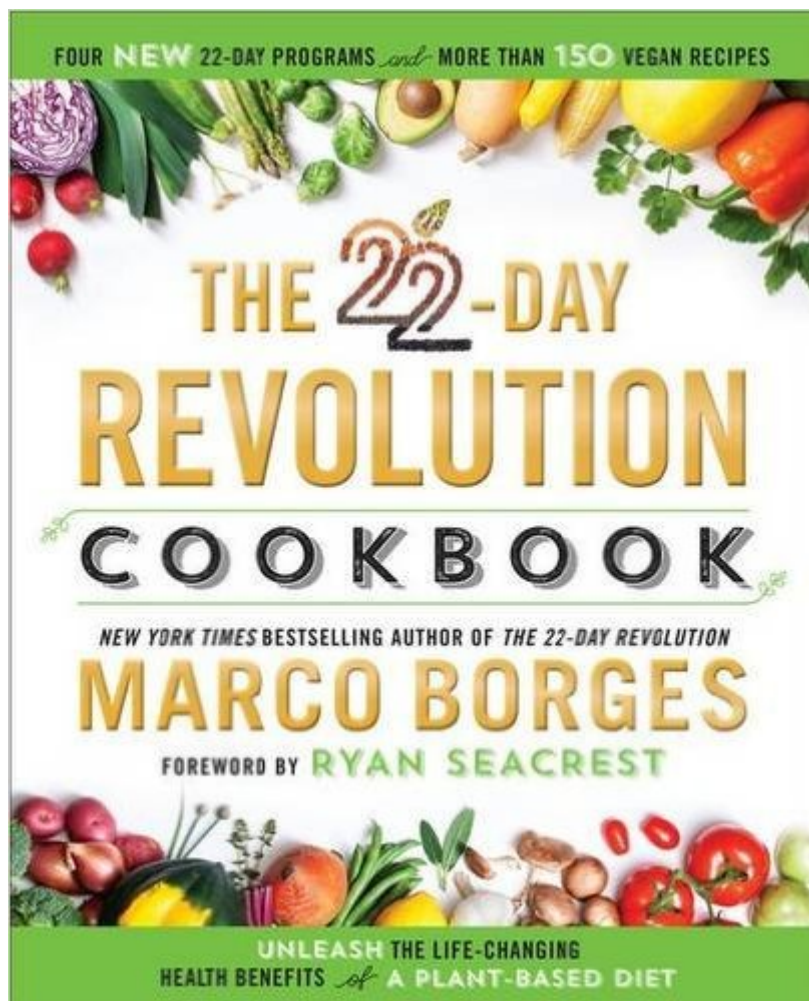


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# The 22-Day Revolution Cookbook: The Ultimate Resource For Unleashing The Life-Changing Health Benefits Of A Plant-Based Diet



## 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

Hardcover: 384 pages

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ISBN-13: 978-1101989586

Product Dimensions: 8 x 1.1 x 9.5 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars— See all reviews (11 customer reviews)

Best Sellers Rank: #8,274 in Books (See Top 100 in Books) #17 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #28 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #46 in Books > Cookbooks, Food & Wine >

Special Diet > Weight Loss

Age Range: 2 - 5 years

Grade Level: Preschool - Kindergarten

## Customer Reviews

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 ^

The 22-Day Revolution changed my life! I lost 70lbs - no joke - in about 4 months. No crash, I just ate plant based for 22 days, following the guidelines - which I thought would be difficult and restrictive at first (I don't think I ever ate even a vegan side dish), but it in fact opened up a new world of food and way of eating. After the first 22-Days, it was no longer a task...as the program promises, it really started to become a habit! I continued on and now I am honestly living the best life I've ever known. I'm a husband and father of two. Not only am I full energy, but I'm also a better father and husband. However, the question I always get is - WHAT DO YOU EAT?? Well, The 22-Day Revolution Cookbook is the answer - and it's awesome!! This is a must have! You don't have to be vegan at all. You just have to love food and want to broaden your palate and options. There are also 4 plans that tailor the program to any health goal. This is should seriously be a staple for every household!

These recipes and everything about the 22 Days revolution changed the way I look at nutrition. After the power of the first book, I'm thankful you guys released a second book with even more information. Loved it. Hoping for a third!

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!

I really loved loved, loved this book! The recipes are easy and include instructions for making. You'll find everything from to breakfast to soups to hearty meals to desserts. There are photos for every

recipe which I absolutely love! love! love!. I've already tried several of the recipes, and they are delicious! By far this is the best cookbook I have. Thank You Marco Borges for this AMAZING book.

We got the book this week and are obsessed with it! It's making our transition to a more plant-based diet so much easier. The recipes are explained well and presented in an easy-to-follow format. And the pictures! They are so mouth-watering! Trust me, I'm nowhere near a chef in the kitchen and my girlfriend has loved everything I've prepared for her this week. Our favorites so far are the Roasted Balsamic Brussel Sprouts, Roasted Brocoli with Parmesan, Raw Lasagna, and the Chocolate Chip Cookies. And the kids absolutely love the Mac 'N' Cheese. No more boxed, store-bought mac 'n cheese for us! We definitely recommend this book!

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