



The 22-Day Revolution Cookbook: The Ultimate Resource for Unleashing the Life-Changing Health Benefits of a Plant-Based Diet

Marco A Borges , Ryan Seacrest (Foreword)

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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 Beyonc?--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 'n' 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

The 22-Day Revolution Cookbook: The Ultimate Resource for Unleashing the Life-Changing Health Benefits of a Plant-Based Diet Details

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From Reader Review The 22-Day Revolution Cookbook: The Ultimate Resource for Unleashing the Life-Changing Health Benefits of a Plant-Based Diet for online ebook

Andrea says

A few good ideas but not enough to buy the book.

Laura says

While the recipes all looked amazing, why do "healthy" cookbooks feel the need to use 10 specialty ingredients in every recipe?!? 3 different types of special flour, etc. I would go broke just buying the ingredients for one of these recipes!
