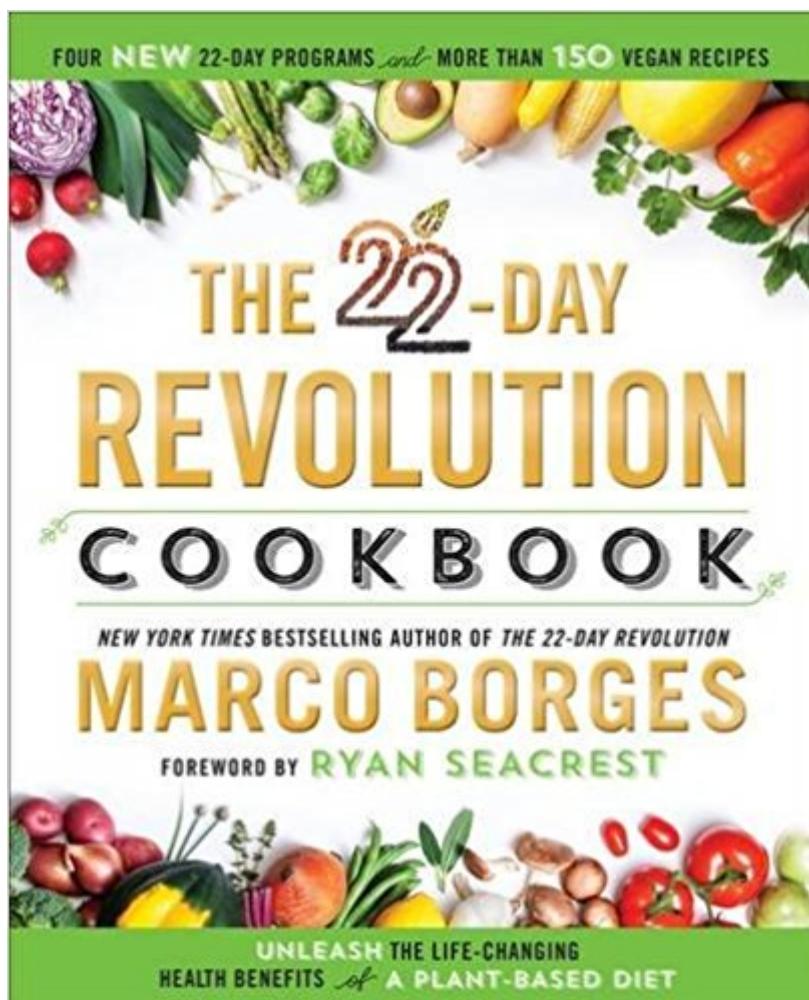


The book was found

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 '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

Book Information

Hardcover: 384 pages

Publisher: Celebra; 1 edition (September 20, 2016)

Language: English

ISBN-10: 1101989580

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: 4.5 out of 5 stars 36 customer reviews

Best Sellers Rank: #77,944 in Books (See Top 100 in Books) #99 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #120 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #185 in Books > Cookbooks, Food & Wine > Cooking by

Customer Reviews

Praise for Marco Borges and The 22-Day Revolution Cookbook

âœThe 22-Day Revolution Cookbook is an incredible tool, as you can tailor the bookâ™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.â•â "Ryan Seacrest, TV/Radio Host and Producer

âœMarco 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.â•â "Joel K. Kahn, MD, Professor of Medicine and Author of The Whole Heart Solution

âœMarco is one of the most inspiring voices of health weâ™ve known. Working with him was very motivating and made a big difference in our well-being.â•â "Emilio and Gloria Estefan

âœ22 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.â•â "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

Ã Ã^Ã

Great book, secound 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.

[Download to continue reading...](#)

The 22-Day Revolution Cookbook: The Ultimate Resource for Unleashing the Life-Changing Health Benefits of a Plant-Based Diet Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels..: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Anti Inflammatory Diet: 4 Manuscripts: Insulin Resistance Diet, Plant Based Diet Cookbook, Insulin Resistance Cookbook, Healthy Eating (Anti Inflammatory Diet Cookbook Bundle) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Paleo and Vegan: Life Changing Palegan

Diet: Lose Your Stubborn Weight Forever With The Revolutionary Blend Of 50 % Paleo and 50% Vegan Diet Lifestyle ... Plant Based, Cookbook, Health Book 1) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Plant Based Diet: A Beginners' Guide to Choosing and Adopting a Whole Foods, Plant Based Diet The Whole Foods Plant Based Diet: A Beginnerâ™s Guide to a Whole Foods Plant Based Diet Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)