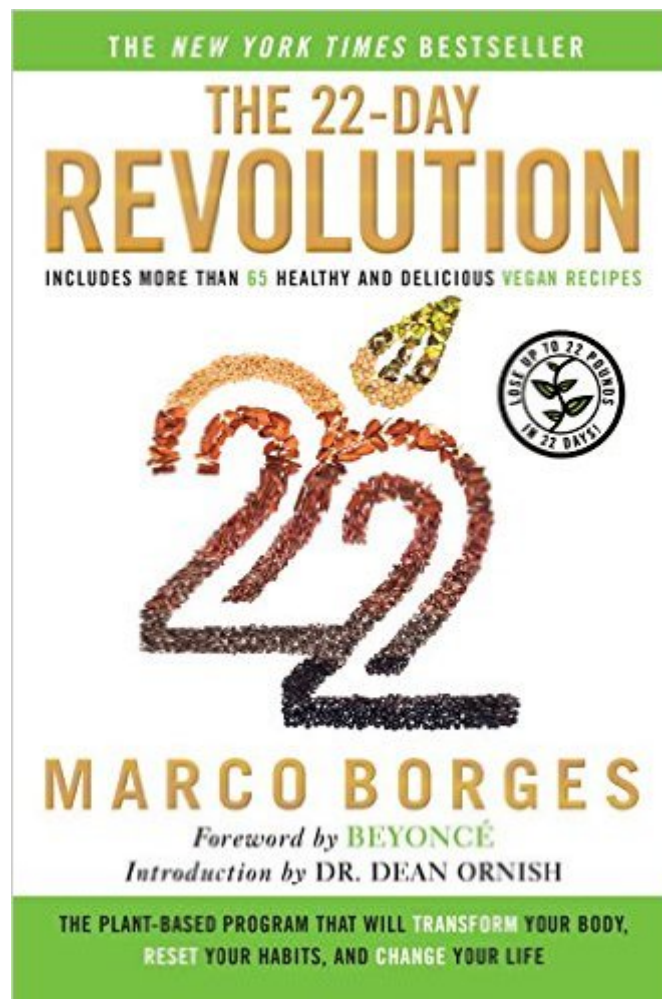


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# The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, And Change Your Life



## Synopsis

THE NEW YORK TIMESÂ BESTSELLERWith a Foreword by Beyonce, and an Introduction by Dr. Dean OrnishÂ A groundbreaking vegan program designed to transform your mental, emotional, and physical health in just 22 days. Founded on the principle that it takes 21 days to make or break a habit, The 22-Day Revolution is a plant-based diet designed to create lifelong habits that will empower you to live a healthier lifestyle, to lose weight, or to reverse serious health concerns. The benefits of a vegan diet cannot be overstated, as it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes. As one of todayâ™s most sought-after health experts, exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies through his innovative methods. Celebrities from BeyoncÃ©, Jay-Z, Jennifer Lopez,Â and Pharrell Williams, to Gloria Estefan,Â and Shakira have all turned to him for his expertise. Beyonce is such an avid supporter that she's partnered with Borges to launch 22 Days Nutrition, his plant-based home delivery meal service.Â Now, for the first time, Borges unveils his coveted and revolutionary manifesto, featuring the comprehensive fundamentals of starting a plant-based diet. Inside, youâ™ll find motivating strategies, benefits and tips for staying the course, delicious recipes, and a detailed 22-day meal plan. With this program, you will lead a healthier, more energetic, and more productive lifeâ”helping you to live the life you want, not just the one you have.

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## Customer Reviews

It is so hard to make the transition from a traditional diet to plant based diet, but this book provides a weekly shopping list and easy to follow menus. The program does take more prep time, however running to pick up fast food or going to lunch also takes time. Time preparing the plant based meal options is time well spent. I'm not a morning person, however within a day of making the change, I was able to get up an hour and a half earlier to add exercise to my morning routine. The uncomfortableness in my stomach disappeared and it feels good to be a little hungry and look forward to the next meal instead of eating mindlessly. I am a Registered Nurse who previously worked on a cardiac floor at a hospital. I now work for a health and wellbeing company that supports plant based diets and disease prevention. I have seen firsthand how people lower blood pressure, improve heart health, lose weight, and lower A1c with lifestyle management including a plant based diet and exercise. As far as the cost of fresh fruits and vegetable, I see many people who pay \$300-\$700 a month for preventable diseases such as heart disease and type 2 diabetes. I'd rather pay a little more for real foods. Yesterday my coworkers had a surprise birthday potluck for me at work. As Registered Nurses who work for a health and wellbeing company, I would think that some of the food would be healthy, however we had noodles, fried chicken, cake, and ice cream. Today I feel like I have a food hangover. It was hard to wake up, even 2 hours later than I have been getting up and my abdomen feels bloated. I want to remember this feeling, because when I doubt that I am making the right choice, I want to think about how good my body feels on a plant based diet and how I no longer have a feeling of fatigue throughout the day. I make the meals for myself and my husband, however he sometimes adds a chicken breast to the meal. I have seen that he is slowly transitioning away from the adding animal proteins and even takes plant based meals for lunch. I'm so excited to find a very easy to follow plan that includes an introduction by Dr. Dean Ornish. Dr. Ornish is a name that I respect and I know that he know is committed to improving heart health. The book is so easy to read and Marco Borges provides real stories about people who have made the change, difficulties they faces, and how it changed their lives.

Marco is a mastermind. This book is amazing. I believe going plant-based had a huge effect on my weight loss experience. I grew up my whole life with animal products and processed foods that's what I was accustomed to. I thought I had nothing to lose by trying something new for 22 days, not knowing that those 22 days could shift my life into a new direction. I was your typical yoyo dieter, what that small hope inside that one day I would make a change that would last. Today, I am just committed to a healthy lifestyle and not focused on a fad diet. I also am a little kinder to

myself, by allowing myself patience when it comes to my body changing. Try it. You have nothing to lose except maybe some weight :-)) I think what ultimately got me was the hope that I could potentially change my life in 22 days. And I did. Thank you Marco!!! Thank you for changing my life. You are one of a kind.

My only complaint is that there are no serving sizes for many of the recipes. Otherwise, I like this diet approach.

Never thought I would think about being a Vegan...until this book. I have an affinity for good food at good restaurants -- these recipes are absolutely delicious. Even better, they are not difficult or time-consuming. Best news is that I lost 7 pounds in the first seven days despite being in late mid-life. I have even energy throughout the day and my sleep quality has even improved. Cannot rave about this book enough! Note: serving sizes were absent on some of the recipes so I emailed them at their site and they sent the info to me.

Have been on this plan for 17 days and down 10 lbs. Found after the first week that the menus are just way too big for one person - sometimes up to 4 servings and I ended up throwing a lot of food away. The food was not cheap. Some of the meals took too long to make so found myself making them early in the am. By the second week I started making meals for just one and saving the ingredients for other meals. Was a little disappointed in the last week as there were repeats of previous meals and I was really looking forward to tasting new things. But I do feel much better, more energy and sleep like a baby. After this is over, I do plan on keeping up with eating a lot more of these foods regularly. I'll just Google some good vegan recipes and see what fun stuff is out there.

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