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The 22-day Revolution Cookbook : Marco Borges : 9781101989586

His plant-based program, 22 Days Nutrition, spawned the book 22-Day Revolution – which was so successful that Borges is back with a follow up, The 22-Day Revolution Cookbook. “The first book has...

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His innovative exercise and nutrition programs are helping guide millions of people to healthier lifestyles. He is the author of "The Greenprint", "The-22 Day Revolution", "The 22-Day Revolution Cookbook" and "Power Moves". He lives by a simple mantra: "Every day is a new opportunity to live the life you want!"

About Us - 22 Days Nutrition

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.

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22 Days Nutrition - The 22-Day Revolution Cookbook ...

Sure we had our doubts when Beyoncé and Jay-Z announced that they were going vegan for 22 days at the end of 2013, but the proof is in the

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chia pudding: they did it and look DAMN GOOD. All of a sudden, our usual bacon-filled Twitter and Facebook feeds are filled with friends taking on the challenge in their own kitchens and we want to help. If you think meat is irreplaceable, we have 22 ...

22 Insane Recipes to Get You Through Your/Beyonce's 22 Day ...
In February this year, Beyoncé partnered with her trainer, Marco Borges, to create an organic, vegan, gluten-free, soy-free meal delivery service called 22 Days Nutrition. Beyoncé and Jay-Z went vegan for 22 days in December of 2013 with the help of Borges and both became enthusiastic supporters of the challenge. Thus, she went into business with her trainer to help other people feel as ...

I Tried the Vegan Meals from Beyoncé & 22 Days Nutrition ...
As New York Times best-selling author, his publications include: The Greenprint, The 22-Day Revolution, The 22-Day Revolution Cookbook and Power Moves. Over the years he has written for The Miami Herald, Oprah.com, Brides.com, TheKnot.com, the Wedding Channel, Men's Health, Us Weekly, Seventeen and Latina.

Marco Borges - Wikipedia

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

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