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The Ultimate Resource for Unleashing the Life-Changing Health Benefits of a Plant-Based Diet by Marco Borges Known for his celebrity clients like Jay-Z and Beyoncé, exercise physiologist, nutrition coach, and Food Revolution Summit speaker, Marco Borges, has made vegan and plant-based eating trendy and accessible for all ages.

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Nutrition, spawned the book 22-Day Revolution—which was so successful that Borges is back with a follow up, The 22-Day Revolution Cookbook.

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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

Praise for Marco Borges and The 22-Day Revolution Cookbook

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"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 "Marco

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