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and The Greenprint, he lives in
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dairy and junk food for over 3
Creating a Sustainable Plant-Based Diet

weeks may seem intimidating, but with these delicious meal ideas, you won't feel like you're missing out.

Some of our favorite recipes

include: Kale-Yeah Soup from The 22-Day Revolution Cookbook - Oh

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concerns. 22 Day Revolution Book -

22 Days Nutrition His plant-based

program, 22 Days Nutrition,

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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

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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

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From the author of the massive

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Cookbook PDF | Plant based diet, 22

... 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 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

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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

... 22-Day Revolution: A Plant-Based, Whole Foods Diet. The 22-Day Revolution is a vegan plan with an emphasis on eating fresh, whole, plant-based foods. The plan differs from a traditional vegan diet

... Is The 22-Day Revolution The Right Vegan Diet for You ... The 22-Day Revolution (2015) is a whole-foods, plant-based diet. Eat whole plant foods – vegetables, fruits, grains, legumes, nuts and seeds.

Aim for 80-10-10 – 80%

unprocessed carbohydrates, 10%

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fat, 10% protein. Avoid animal products, processed and refined foods, sugars, artificial

sweeteners. The 22-Day Revolution by Marco Borges: Food list: foods to ... Get Beyoncé's vegan meal planner! We believe that optimum health shouldn't be something that is reserved for a select few, but is a right for all. That is why we created 22 Days Nutrition. Our meal planner takes the guess-work out of healthy eating and makes it easy. With support from food coaches seven days a week, recipes that fit each person's unique lifestyle, grocery delivery ... The 22 Days Nutrition Meal Planner The 22-Day Revolution Cookbook PDF - bookslibland.net: NEW YORK TIMES BESTSELLER Con prólogo de Ryan Seacrest. Del autor del bestseller internacional La

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