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four customizable meal plans tailored to different weight loss goals. Giving up meat, dairy and junk food for over 3 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 My ... Default Title - Sold Out. New York Times best selling 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. 22 Day

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From the author of the massive bestseller The 22-Day Revolution comes a... The 22-Day Revolution 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

Read Online The 22 Day Revolution Cookbook The Ultimate Resource For Unleashing The Life Changing Health Benefits Of A Plant Based Diet 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 ... 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

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