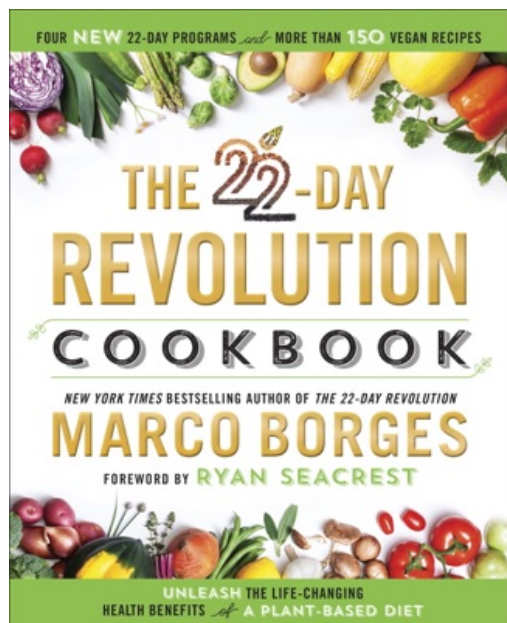


# GRATIS The 22-Day Revolution Cookbook (epub, PDF, Mobi) Marco Borges Baixar



From the bestselling author of *The Greenprint* and *The 22-Day Revolution* comes a plant based cookbook full of the tools you need to live a healthier, happier life, with more than 150 all-new, mouth-watering recipes and customizable meal plans to create your own 22-Day Revolution program.

Since health expert and exercise physiologist Marco Borges first introduced his groundbreaking plant-based program in *The 22-Day Revolution*, the revolution has become a movement, motivating thousands of readers and followers worldwide to take control of their health, lose weight, and create better habits in just 22 days.

Now Marco shares more than 150 mouthwatering recipes he's cultivated over the years working with high-profile artists including Jay Z, Jennifer Lopez, Pharrell Williams, Gloria Estefan, Shakira, and Beyoncé—the food program is credited with creating some of the hottest bodies in Hollywood. Plant-based nutrition has taken center stage as more and more people achieve optimum health by significantly reducing their risk of serious health concerns like high cholesterol, heart disease, high blood pressure, and diabetes. *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.

From decadent classics such as Mac 'n' Cheese and juicy Black Bean & Quinoa Burgers to the innovative flavors of the Teriyaki Veggie Bowl with Meatless Balls and Walnut Chili—*The 22-Day Revolution Cookbook* will delight your family and bring the incredible benefits of a plant-based lifestyle into your home.

## Foreword by Ryan Seacrest

<b>título</b>	:	The 22-Day Revolution Cookbook
<b>Autor</b>	:	Marco Borges
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<b>Size</b>	:	60.11MB

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## Top 15 Melhores Bri Livros [FREE]:

### [PDF] Mister



<http://media.beebok.info/br-1459426526/mister.html>

Uma nova história de amor apaixonante escrita pela autora que arrebatou milhões de corações no mundo todo com a Trilogia Cinquenta tons de cinza Depois de vender 7 milhões de livros só no Brasil e de ter três de suas obras transformadas em filmes de...

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### [PDF] O milagre da manhã



<http://media.beebok.info/br-1155673257/o-milagre-da-manha.html>

Conheça o método simples e eficaz que vai proporcionar a vida dos sonhos — antes das 8 horas da manhã! Hal Elrod explica os benefícios de acordar cedo e desenvolver todo o nosso potencial e as nossas habilidades . O milagre da manhã permite que o leitor...

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### [PDF] A sutil arte de ligar o f\*da-se

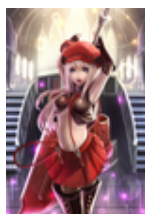


<http://media.beebok.info/br-1293280123/a-sutil-arte-de-ligar-o-f-da-se.html>

Chega de tentar buscar um sucesso que só existe na sua cabeça. Chega de se torturar para pensar positivo enquanto sua vida vai ladeira abaixo. Chega de se sentir inferior por não ver o lado bom de estar no fundo do poço. Coaching, autoajuda, desenvolvimento pessoal,...

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### [PDF] Game enthusiasts(2)

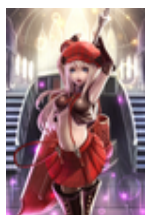


<http://media.beebok.info/br-1467865128/game-enthusiasts-2.html>

Although many game enthusiasts are competing to sign up, it is really a game with life as a stake. Only real game enthusiasts can pass the strict assessment of the stunt company and be fortunate to be a member of this game.

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### [PDF] Game enthusiasts(1)



<http://media.beebok.info/br-1467863518/game-enthusiasts-1.html>

Although many game enthusiasts are competing to sign up, it is really a game with life as a stake. Only real game enthusiasts can pass the strict assessment of the stunt company and be fortunate to be a member of this game.

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## [PDF] Rivers and lakes(2)



<http://media.beebok.info/br-1467811412/rivers-and-lakes-2.html>

A good muscular, is a standard muscular man, in the team known as the King of Great Power, even I dare not touch his fist.

---

## [PDF] Peak Hacker(2)



<http://media.beebok.info/br-1467808761/peak-hacker-2.html>

He knows that three years ago, he had reached a high level in the hacker world. This height is not attainable by ordinary people. Although I am also a software institute, the level of programming, the arithmetic of analyzing and solving problems are not within my reach

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## [PDF] Rivers and lakes(1)



<http://media.beebok.info/br-1467808212/rivers-and-lakes-1.html>

A good muscular, is a standard muscular man, in the team known as the King of Great Power, even I dare not touch his fist.

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## [PDF] Peak Hacker(1)

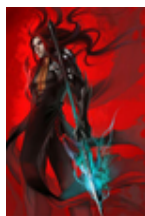


<http://media.beebok.info/br-1467801961/peak-hacker-1.html>

He knows that three years ago, he had reached a high level in the hacker world. This height is not attainable by ordinary people. Although I am also a software institute, the level of programming, the arithmetic of analyzing and solving problems are not within my reach

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## [PDF] Time and space(2)



<http://media.beebok.info/br-1467707831/time-and-space-2.html>

As my breathing became calm, I turned on the fluorescent lamp at the end of the bed, sat up at the edge of the bed, pulled out a cigarette and held it on my lips. The lighter turned smoothly on the right hand for two turns, and then lit a faint blue flame

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## [PDF] Time and space(1)



<http://media.beebok.info/br-1467707338/time-and-space-1.html>

As my breathing became calm, I turned on the fluorescent lamp at the end of the bed, sat up at the edge of the bed, pulled out a cigarette and held it on my lips. The lighter turned smoothly on the right hand for two turns, and then lit a faint blue flame

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## [PDF] God made(2)

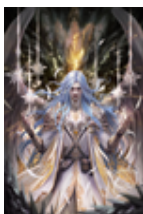


<http://media.beebok.info/br-1467675265/god-made-2.html>

It's been more than a week since I came to this city. I still can't adapt to the phenomenon of heavy traffic on the roads. Fortunately, not even the roadways and alleys are polluted by the exhaust gas from cars, otherwise my sensitive nose will be really unbearable

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## [PDF] God made(1)



<http://media.beebok.info/br-1467673427/god-made-1.html>

It's been more than a week since I came to this city. I still can't adapt to the phenomenon of heavy traffic on the roads. Fortunately, not even the roadways and alleys are polluted by the exhaust gas from cars, otherwise my sensitive nose will be really unbearable

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## [PDF] Evening embankment



<http://media.beebok.info/br-1467667077/evening-embankment.html>

She has a beautiful appearance, white skin, a pure and straightforward personality. Her black and white eyes show her cleverness.

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## [PDF] Ice Wind Valley(1)



<http://media.beebok.info/br-1467861818/ice-wind-valley-1.html>

I'm quiet here, but even so, life around me is always turbulent. It's full of barbarian aggression and war against goblins, as well as dangerous tundra snow apes and polar giant worms.

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