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Revolution: The Plant-Based Program That Will ...The 22-day vegan challenge, created by Beyoncé's trainer, Marco Borges. The challenge is built on the concept that it takes 21 days to break a habit, and its premise is simple: eat a healthy vegan diet for 22 days and see how you feel. The result, according to 22-day devotees: more energy, a better relationship with food, and even weight loss.

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Marco Borges
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New York
Times
bestselling
author, and
plant-based
living
advocate.

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The author of The 22-Day Revolution, The 22-Day Revolution Cookbook, Power Moves, and The

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The 22 Day Revolution Cookbook

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His plant-based program, 22 Days Nutrition,

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