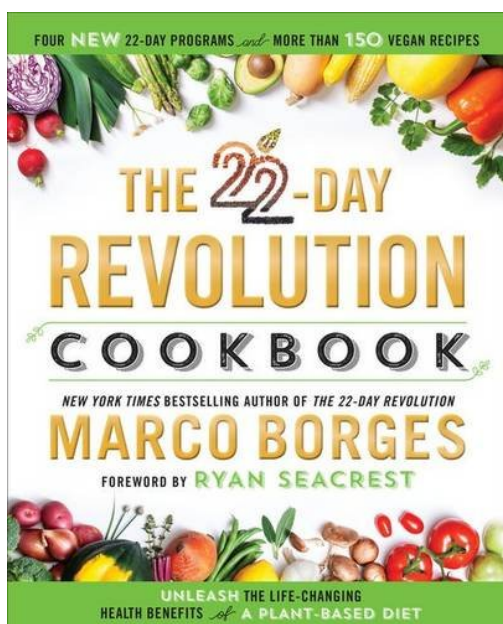


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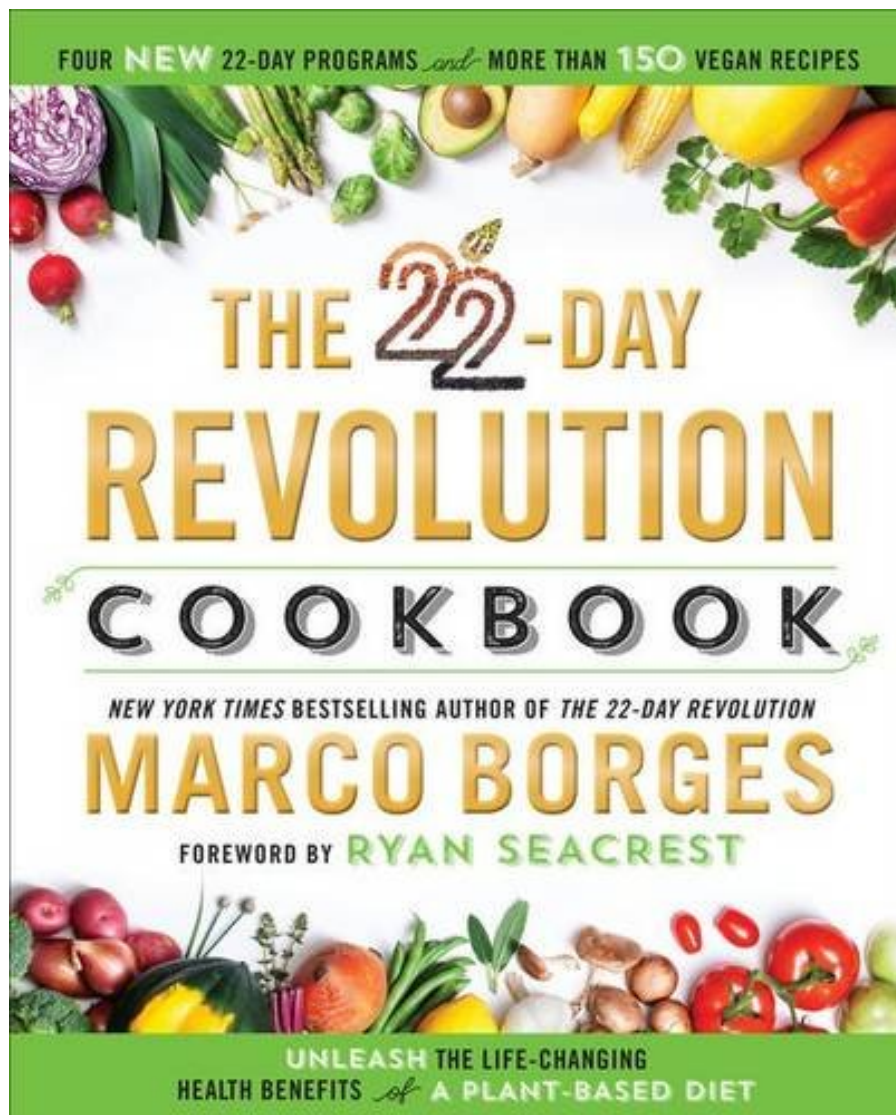
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Review

Praise for Marco Borges and *The 22-Day Revolution Cookbook*

“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 Borges has created *The 22-Day Revolution Cookbook* to make my job easier and more effective. I recommend it enthusiastically as the answer to the health crisis in the USA, and it will unleash a revolution of healthy bodies and souls.”—Joel K. Kahn, MD, Professor of Medicine and Author of *The Whole Heart Solution*

“Marco is one of the most inspiring voices of health we’ve known. Working with him was very motivating and made a big difference in our well-being.”—Emilio and Gloria Estefan

“22 Days Nutrition is everyday nutrition. It has forever changed the way I eat and enjoy food. 22 Days is the key to more success, more wins, and more blessings.”—DJ Khaled

About the Author

Marco Borges is an exercise physiologist, founder of 22 Days Nutrition, New York Times bestselling author and plant-based living advocate. Passionate about guiding people to develop healthier lifestyles, he has spent the last 20 years as a lifestyle coach and touring the world empowering others with tools for ultimate wellness. He is the author of *The 22-Day Revolution*, as well as *Power Moves: The Four Motions To Transform Your Body For Life*. He lives in Miami with his wife and their three sons.

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