



The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life

Marco Borges, Beyoncé (Foreword), Dean Ornish (Introduction)

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With a Foreword by Beyonce, and an Introduction by Dr. Dean Ornish

A groundbreaking vegan 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. The benefits of a vegan diet cannot be overstated, as it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes.

As one of today's most sought-after health experts, exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies through his innovative methods. Celebrities from Beyoncé, Jay-Z, Jennifer Lopez, and Pharrell Williams, to Gloria Estefan, and Shakira have all turned to him for his expertise.

Now, for the first time, he unveils his coveted and revolutionary manifesto, featuring the comprehensive fundamentals of starting a plant-based diet. Inside, you'll find motivating strategies, benefits and tips for staying the course, delicious recipes, and a detailed 22-day meal plan. With this program, you will lead a healthier, more energetic, and more productive life—helping you to live the life you want, not just the one you have.

The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life Details

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From Reader Review The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life for online ebook

Crescentm says

Really good introduction book into plant-based eating. It did a very good job of laying down the facts without being too preachy. I liked that there were life examples of being on a plant-based diet. In some respects I think sometimes the author wasn't realistic about commitment and what to do in the case of someone veering away. I also was not at all happy that the recipes did not including serving size which is the most basic information. How did the editors not catch that!?! Still I went through the 22 day program and I feel absolutely great! I tried recipes that i wouldn't normally try and loved them. A couple of the recipes were misses but all-in-all, as I said, great introduction.

Keely says

This book is probably best for absolute beginners who don't know the first thing about vegan or plant-based eating or a healthy lifestyle and need to be convinced of the merits of such. His idea of just trying it completely for 22 days is a sound one and that is the basic merit of the book. It is written in a simple, easy to follow style. In addition to recipes and pep talks he also provides illustrations for beginners' exercises. My main problem with the book is that the author isn't grounded in many standard healthy eating practices -- for example, he recommends drinking water with meals (not a good idea as it dilutes digestive enzymes) and he is not grounded in basic food combining principles (for example, there's a recipe for cauliflower salad that includes sliced grapes). There are some interesting variations on the standard vegan or raw recipes, such as pizza crust, vegan cheese, sushi rolls, no-cook oatmeal, home made almond milk, and juices & smoothies. Among the best recipes is a very basic and simple vegetable curry that would be easy to repeat & alter to your taste. Another plus is that for the most part the recipes use common, easy to find ingredients. However, too many of the recipes are a mish mosh. Some have way too many ingredients (for example, a carrot bread has 23 ingredients, including 5 different types of flour, not as alternates but ALL in this one recipe!). Another recipe calls for 1 can of coconut milk but doesn't say what size. Many other recipes require a food processor or too much prep. The point of the book seem to be to convince the reader of the merits of this program and that it can be easy to do. I'm in favor of any book that does this, and even with its faults this book seems to accomplish that.

Marina says

This is quite an interesting approach to going vegan or even just to get your lifestyle to be healthier. I did feel like maybe the recipes could be a little bit better but I enjoy the smoothie/shake recipes at the end. The workout section wasn't really worth it because I can look up how to do the workout on YouTube if I needed to. It does explain a few things about the benefits of going plant based /vegan I don't think I will fully ever be vegan but I plan to incorporate more of a plant based diet in my life and as of now I plan on trying the fast track version of the diet this week and will update the review if I go through with it and succeed for the week. By the way this book took me way longer to finish then expected and I don't know why..

Jocelin says

I usually do a 3 week cleanse/elimination diet annually: I cut out meat, dairy, gluten, soy, alcohol and any other processed foods. I think it helps my body reset, and I go back to healthier habits and eat a more plant-based diet. I was interested in this version of that, mostly because, BEYONCE. In my opinion, this book was only "ok". The recipes aren't great - some are downright complicated and tasteless. They are all over the place in serving sizes, and the instructions can be vague, so you need to know how to cook. Because I do a version of this diet already, I know that you can have delicious food within these parameters. I did not follow the exercise plan, instead I walked and did yoga. I require more calories than this provides in order to do cardio. If you need inspiration then there is a lot of positive encouragement here, and the book would certainly keep you on track.

Michelle says

Great concept of trying something for at least 22 days. I agree with the author that between a complete plant based diet and some exercise, you will end up losing weight. As the author clearly states numerous times throughout the book, you will be hungry because your body is getting used to much smaller portion sizes. Continue reading and you'll find that not only are the portion sizes much smaller but your intake of just pure fruits and veggies will cause your stomach to grumble in hunger.

Recipes are intriguing and love the fore thought of adding a menu and recipes to each day. The prep that goes into each meal (yes some meals are easier than others to put together) is not for the faint of heart. Cost of ingredients will be much higher than your usual trip to the grocery store, especially if you follow the author's notes and just stick to complete organic products. Not sure about anyone else, but here in Michigan organic fruits and veggies are at least a \$1 - \$3 more than non-organic choices. Portion sizes are certainly off. Some recipes will tell you how many it will serve and others do not. And, what about substitutes? What if the reader doesn't like chia seed pudding?

I should also mention that the author states that in order to increase your success with this 22 day vegan challenge is to also cut out alcohol, added sugars, artificial sugars, anything made with white flour, fried foods, processed foods, food that does not look like the original product, and of course ALL animal protein including eggs which are a great source of protein and nutrients (IMO).

I feel like there are better options to gaining/ maintaining a healthier lifestyle.

Lynn Dorman, Ph.D. says

I am not a nutritionist, I am a developmental psychologist, and I know that nutrition plays a critical role in development. So because I write and teach about general nutrition, I tend to look at books that are about diets and nutrition.

This seems to be another in a long line of "one diet fits all" books. And I most genuinely believe that there is no one diet that fits everyone. We all have different types of bodies and metabolisms.

So even though I was bored partway into it because the author's ideas about habits and mine are a bit different, I thought maybe I'd see some good recipes yet even those were things I already knew. So there's really nothing in the book for most people who have a general idea of nutrition, vegetarian eating, or plant-based eating - or even know how to look up recipes online.

Bri Miller says

Great

Great book to help if you are vegan and are trying to lose weight. Very satisfied with everything in here!

Annette says

There are some good examples, which speak for themselves and don't need any more convincing in this book, but the author does overbearing convincing to the plant-based program. I agree with this diet to some extent, our diet should be mostly composed of organic plants, veggies, fruits, grains, and nuts. Meat is not needed; to give us strength - we can get it for example from avocado. I would not put away fish and sea food as this diet suggests.

If you're looking for a book about healthy diet, I highly recommend Super Immunity by Joel Fuhrman, MD. That's the only book you will ever need to read to understand healthy diet and its benefits.

Alexa Oliphant says

This book gets an extra star solely because I agree with the author on two major points. We should eat primarily plants, and committing to things for a habit breaking 3 weeks is a good idea.

That's where this book stops being good, and I've decided to begin my "Fuck you Marco List" with his unbelievably condescending tone of writing. Borges will consistently refer to times in his life where he carried about on his holier than thou life of self improvement that'll make you long for scrolling through dating profiles of hipster bros hiking. Most pungent in my mind is when parents of the "husky" (no really, he used that fucking word) kids tried to convince his god-like self to train their children to be more like him. Borges, by the by, and you're more than welcome to google him, looks like a shriveled prune going through a midlife crisis ten years late. Before you think I'm being mean, just know that it's a direct retaliation to the smug piping out on every page.

My second major beef (because I can deal with some douchery for someone who is intelligent) is how poorly researched this book is. I know plants are good for me, because I have read better books. 22 Day Revolution asserts things like, we should get 80% of our energy sources from carbs 10% from fats, and only 10% from protein. Wait, what? That's a bold claim... It's cool though cus he cites his sources... It's fucking Web MD. No, I'm not joking. He gets his science from Web MD. Another favorite moment? You should occasionally fast if you're up for it? Why? Well, that sort of thing is what you get in a book that is well written. This book has a forward by Beyonce.

Reason three. It really is too strict for three weeks: no meat, no dairy, no eggs, no sugar, no gluten, no soy, no alcohol, three meals a day, no snacks (well you can have ONE snack every OTHER day, so choose your celery sticks for when you're really ravished!) Yea, you lose weight on a diet this strict, but you're also hungry... A LOT, and you can't have a palm full of blueberries, because this book is bullshit. No gluten is bullshit, no soy is bullshit, eggs are literally a perfect protein, and the reason these are slashed are not explained. It's just apart of the game that Borges has devised to get you to eat more greens, but not too many, because you had better not be snacking.

How will you ever be like Marco Borges if you eat an organic banana after dinner?

I feel like I'm getting long winded, so I'm going to combine the last two points. The recipes are bad. The food tastes like shit and there's no portion sizes, so say, for the chickpea mash sammich, I easily made three big servings, and I'm not sure that was right. I also added a bunch of mustard to undercut the grainy mash that was my lunch.

I stopped reading it for the daily inspirations, (filled with poorly researched smug) and instead found some good vegan recipes, stopped drinking for three weeks, and because I'm bad company till' the day I die, had a few cookies. I lost nearly ten pounds. I sleep better and have more energy, but that's not because of Borges's book, it's because I decided to challenge myself to be healthier... this is a bad book propping up a good concept, and that's a damn shame.

Diana Matias says

Comecei o ano (como se calhar a maioria das pessoas) com a resolução de perder peso e tornar-me mais saudável! Recomendaram-me este livro e gostei muito! Tirei algumas ideias essenciais para seguir um plano mais saudável, comer menos animal e mais legumes, plantas, sementes. Tem sido uma aventura e não tem corrido nada mal! :)

A leitura foi fácil. Nunca gostei muito de ler este tipo de livros. Quando peguei nele pensei: "vou desistir facilmente", mas não foi o que aconteceu. Mantive o entusiasmo do início ao fim.

Rachel Becerra says

I must try this and take veganism seriously!

Holly France says

Hard book to review but the idea seems simple and I am at an age where I worry more about my health. I recommend reading the book because it will give you a new perspective and I believe the philosophy. The recipes do not look easy at all to prepare but that is the problem with eating healthy it seems, it is less convenient when there is a fast food joint on every corner. Maybe someday they will be replaced with farm fresh stands!

Denise says

This is a strict vegan diet that would be hard to accomplish solely because the portions seem too small. I'm going to try some of the smoothie recipes. I think you could definitely lose weight on this regime but it would be difficult to follow. The fact that it is suggested that you supplement certain vitamins in place of meat tells me you need some meat in your diet, but I understand there are those that won't eat meat.

Nicole Falls says

food for thought. some interesting tidbits, but the labor intensive recipes makes me wonder if this book was written for people who work full-time, lol. the overall idea is interesting, but i don't think it's something i could adequately keep up with at this point in time.

Carolina says

Confesso: não fiz a dieta. Por pura falta de vontade mesmo. Preguiça e sobretudo, falta de confiança. Mas esses são problemas que eu tenho que superar, e não que a dieta me trouxe. A dieta em si é bem equilibrada e acho que super vale a pena. Como vegetariana a quase dois anos, a minha curiosidade ao ler esse livro era saber como veganizar a minha vida.

Acho que o conteúdo apresentado é bem interessante para quem nunca pensou no veganismo, ou para todos os iniciantes que não sabem muito bem como começar a sua jornada rumo à alimentação saudável. Esse é definitivamente um bom jeito de começar. A primeira parte do livro é um pouco entediante, se você já tem consciência de que vegetais são bons pra você. Mas o restante é promissor. Recomendo.
