

**The 22 Day Revolution: The Plant-Based Programme  
That Will Transform Your Body, Reset Your Habits,  
And Change Your Life By Marco Borges**

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Apr 29, 2015 Marco Borges makes a promise to all of his clients from Beyonc , Shakira, and Gwen Stefani to Jay-Z, Jennifer Lopez, and Ryan Seacrest if they give

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The 22-Day Revolution. Marco says it takes 21 days to break a habit, so encourages people who want to see results to go vegan for 22 days.

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The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life Hardcover April 28, 2015

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