

**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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If you re following The 22-Day Revolution or a 22 Days Vegan Challenge, you may wonder what you should drink. Marco recommends lots of water and unsweetened teas.

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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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