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think she would really  
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notes Borges ... Chana  
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over 150 recipes, with four customizable meal plans tailored to different weight loss goals. Giving up meat, dairy and junk food for over 3 weeks may seem intimidating, but with these delicious meal ideas, you won't feel like you're missing out. Some of our favorite recipes include:

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are helping guide

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Revolution  
Cookbook" and "Power  
Moves". He lives by a  
simple mantra: "Every  
day is a new  
opportunity to live the  
life you want!"

## **About Us - 22 Days Nutrition**

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Sure we had our  
doubts when Beyoncé  
and Jay-Z announced  
that they were going  
vegan for 22 days at  
the end of 2013, but  
the proof is in the chia  
pudding: they did it

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and look DAMN GOOD.

All of a sudden, our usual bacon-filled Twitter and Facebook feeds are filled with friends taking on the challenge in their own kitchens and we want to help. If you think meat is irreplaceable, we have 22 ...

## **22 Insane Recipes to Get You Through Your/Beyonce's 22 Day ...**

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## **A Plant Based Diet Is The 22-Day Revolution The Right Vegan Diet for You**

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In February this year, Beyoncé partnered with her trainer, Marco Borges, to create an

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organic, vegan, gluten-free, soy-free meal delivery service called 22 Days Nutrition.

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Beyoncé and Jay-Z went vegan for 22 days in December of 2013 with the help of Borges and both became enthusiastic supporters of the challenge. Thus, she went into business with her trainer to help other people feel as ...

**I Tried the Vegan Meals from Beyoncé**

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**& 22 Days Nutrition**

... Cookbook The

Get Beyoncé's vegan meal planner! We believe that optimum health shouldn't be something that is reserved for a select few, but is a right for

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