



PLANT-BASED **DIET** / **BEST BODY** / **BETTER WORLD**

THE **GREENPRINT**

MARCO BORGES

FOUNDER OF 22 DAYS NUTRITION / NEW YORK TIMES BESTSELLING AUTHOR

////// INTRODUCTION BY **JAY-Z & BEYONCÉ** //

Marco Borges

The Greenprint: Plant-Based Diet, Best Body, Better World



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New York Times bestselling author and CEO of 22 Days Diet, Marco Borges introduces probably the most inclusive, useful, and revolutionary plant-based way of life plans - The Greenprint. Available and easy-to-follow, The Greenprint is usually a movement to embrace your absolute best and healthiest life. By following its 22 verified effective suggestions, you will change your mindset, improve your health, lose weight, and impact the planet for the better. Through his more than two decades of experience working with clients, including some of the world's biggest superstars, and spearheading exercise and nutrition analysis, Borges developed the groundbreaking "22 Laws of Vegetation," which he's determined are the most significant plant-based diet, exercise, and life-style secrets for slimming down, increasing energy, boosting metabolism, and reducing irritation, not to mention helping minimize your carbon imprint to greatly help the earth. The Greenprint outlines three simple, step-by-step plans to put into action the 22 Laws into your life, depending on what your location is on your trip. Whether you are ready for a gradual shift or excited to deal with them all full-on, in just weeks you will be on the way to a healthier, cleaner method of eating that includes plenty of whole grains, bountiful vegetables, legumes, nuts and even more. Take control of your daily diet, create your very own Greenprint and permanently alter your bodyweight, your wellness and the planet. You will also find food plans, a lot more than 60 delicious recipes, countless tips, and inspirational stories to assist you along the way.



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