

# The 22 Day Revolution Cookbook The Ultimate Resource For Unleashing The Life Changing Health Benefits Of A Plant Based Diet

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DAY 5 BREAKFAST: Smoothie with 1 cup almond milk, 1 cup frozen blueberries, 1 serving chocolate 22 Days Nutrition protein, 3 tablespoons of hemp seeds, and 1 cup leafy greens of choice LUNCH: Leftover white bean and summer vegetable pasta or a large green salad with half a cup of beans or lentils, two tablespoons sliced almonds, vegetables of your choosing, and turmeric tahini dressing

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21 DAY PLANT-BASED MEAL PLAN All items in RED have associated recipes DAY 1 Breakfast: Apple Cinnamon Oatmeal (make enough for Wednesday) Lunch: Couscous Confetti Salad (make enough for a side with tomorrow's dinner) and Carrot and Red

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### **Guide The IT Revolution DevOps Guide**

IT Revolution is "How do I get started with DevOps?" Rather than try to answer all of these questions ourselves, we decided to gather the best resources from some of the best thinkers in the field Our goal for The IT Revolution DevOps Guide: Selected Resources to Start Your Journey is to present the most helpful materials for practitioners