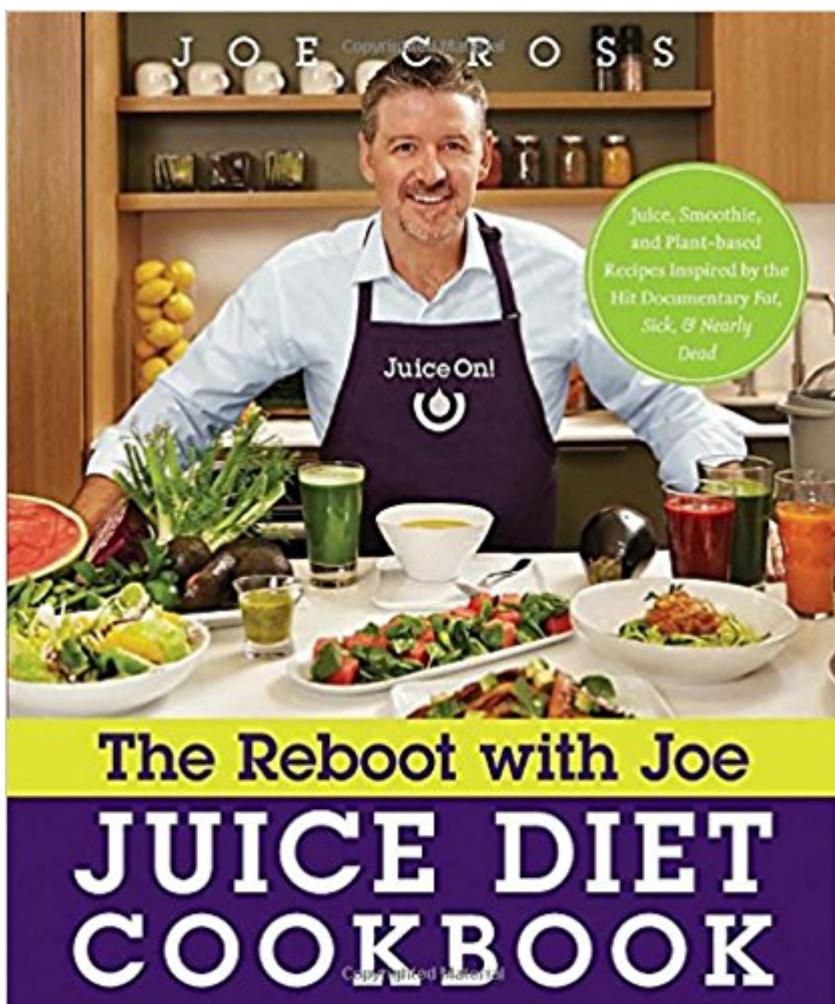


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# The Reboot With Joe Juice Diet Cookbook: Juice, Smoothie, And Plant-based Recipes Inspired By The Hit Documentary Fat, Sick, And Nearly Dead





## **Synopsis**

Since releasing his documentary, *Fat, Sick & Nearly Dead*, in 2010--which became a worldwide sensation--Joe Cross has become a tireless advocate for the power of juicing. *The Reboot with Joe Juice Diet* brings us his story of overcoming obesity, poor health, and bad habits and presents success stories from others whose lives he has touched. Cross--who lost a hundred pounds and discontinued all his medications by following his own plan--walks the reader through his life before juicing, candidly sharing his self-defeating attitude toward food and fitness. *The Reboot with Joe Juice Diet Cookbook*, the sequel to *The Reboot with Joe Juice Diet*, provides readers with more plant-powered recipes that they can use with the Reboot Juice Diet plans or any time for a healthy meal along with juicing and cooking information and inspiration.

## **Book Information**

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## **Customer Reviews**

"Joe Cross has spread the message of better health through better nutrition the world over. By sharing more of his healthy recipes, he is encouraging people to consume more micronutrient rich produce, with disease-fighting and anti-cancer benefits." -- Joel Fuhrman, M.D. "Joe's Reboot cookbook is a total inspiration! The fun, easy recipes will help anyone, even families with picky eaters, get more healing, yummy foods into their body. Follow the plan, make a few changes, and you'll feel better in no time!" -- Alexandra Jamieson, co-creator *Super Size Me*, Author, *Women, Food and Desire* "This is what we've all been waiting for: Joe Cross's take on what to eat when we're not juicing! The dishes are as delectable as they are healthful, and these sophisticated results

come from blissfully simple recipes. Plus, Joe regales us with more juicing wisdom, too - it doesn't get better than this." -- Victoria Moran, author of *Main Street Vegan*

Joe Cross is an Australian entrepreneur and investor who discovered the power of juicing to reboot his health. He is also the founder of *Reboot With Joe*, a lifestyle brand that provides information, tools, media and entertainment, consumer products, and community support that encourage people to consume more fruits and vegetables in order to improve their health and vitality.

I feel better than I have in years. So many ailments are gone: my blood circulation has improved, I'm sleeping better, lost weight, and hip pain is gone. I found this book to be helpful as I transitioned from a 30-day reboot. I'm looking forward to trying lots of great recipes to get me started!

I have watched both *Fat Sick and Nearly Dead* I and Two a number of times. I have also read most of the books that Joe Cross has written and found all of them useful and well written but this might be the best if you are not going to read them all. It packs a lot of information in to just under 200 pages. It has great resources for why to juice, how to juice, how to cook for a family while juicing. Then it has some amazing juice recipes and also recipes for a fruit and veggie dominated diet for after your reboot. The chapters in the book are: Introduction How To Use This Book Juicing How to make a juice Tips for storing juice To peel or not to peel? Juicing produce preparation guide Substitution guide for juice ingredients Let's talk about pulp How to get the most nutritious, delicious produce Juicing, blending, what's the difference? SHOPPING AND COOKING Produce shopping Storing produce at home Washing produce Organic, local, or conventional? A-Z produce prep for cooking Reboot-friendly veggies Feeding The Family While Rebooting Rebooting For Thyroid Conditions Rebooting For Diabetes After Your Reboot The Recipes Juices Coconut Water Juices Smoothies Salads Soups Sides Mains Pulp Resources For Your Doctor It contains 53 juice recipes, 4 coconut water juices, 11 smoothies, 11 salads, 5 soups, 5 sides, 5 main courses and 7 recipes to use up some of the pulp from your juicing. Like all resources from Joe Cross and Reboot with Joe this book is an excellent addition to your health and fitness library. It is a great book and I enjoy using the recipes as jumping off points for my own creations.

I like that there is a lot more variety in this book that includes smoothies and non-meat meals. Even though I am not ready for the re-boot yet, there are enough meals in here to start the transition.

Great plan, great recipes, and you can also sign up to get more recipes through email. Book is simple to follow.

Bought this book the first day it came out. I juice fast many times a year and it has great recipes for that. What is really helpful is the cookbook part so when you are done with a juice fast you have recipes of what to eat to maintain being healthy. This year I have lost 30 pounds and kept it off.

Great book. Be aware if you are going to start this diet, it is time consuming in shopping, prep and making the food. I will admit to a total loss of weight of about 10 lbs for myself and 8 for my wife in the space of 10 days.

Joe and the movie fat, sick and nearly dead has changed my life. My eating habits have completely flipped. I juice every day and his recipes are easy to use - unlike other complicated books with 10 ingredients per recipe. This is a juice go-to must.

Very eye opening. As I read some of the recipes I thought I might not like the contents mixed together to produce a juice I could tolerate. I was VERY surprised to find the juice recipes are actually very good to the taste. I am so very pleased with this purchase. Onward and forward with my juicing regimen to produce a more healthy lifestyle.

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