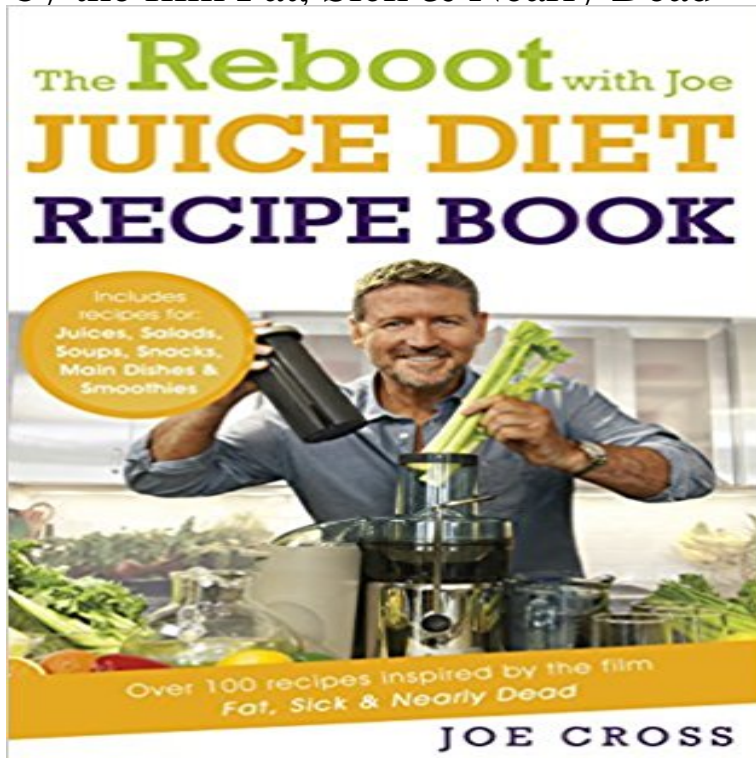


The Reboot with Joe Juice Diet Recipe Book: Over 100 recipes inspired by the film Fat, Sick & Nearly Dead



Before I started juicing, I was overweight and on medication to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film, Fat, Sick & Nearly Dead, I lost the weight, got off those drugs and started feeling better than ever! To keep healthy and happy today, I drink a lot of juice and eat a balanced diet centred on fruits and vegetables -this book will help you feel great too!JOE CROSSThe Reboot with Joe Juice Diet Recipe Book includes healthy inspiration for your kitchen with Joes favourite Reboot recipes to help you feel more energised than ever. Includes recipes for- Juices- Smoothies- Salads- Soups- Snacks- Main dishesA Reboot diet - a time of drinking and eating only fruits and vegetables - is a perfect way to power up your system and lose weight, increase your energy levels and think more clearly. And when you consume juice, your system is flooded with an abundance of vitamins, minerals and nutrients to help your body stay strong and fight disease. Take control of your diet and improve your health with The Reboot with Joe Juice Diet Recipe Book.

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