



Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies

Jason Vale

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The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

Jason Vale, the inspirational king of juice detoxing and the man who helped Jordan lose 2 stone in 3 months, has compiled his definitive selection of over 100 simple but delicious, low-fat juice and smoothie recipes.

Keeping it Simple has the perfect juice or smoothie, whether you want to slim down, get healthy or just need a little juice-boost pick-me-up on a rainy day. With Jason's motivational tips and unique '3-Day Super Juice Detox' programme you will not only clean your system, rid yourself of physical addictions and get extra energy, but you will also learn the fundamental Juicy Rules for a permanently slim, trim and healthy body.

With a complete list of ailments that can be cured by each juice, and a full breakdown of all the minerals and nutrients contained in each recipe, this is the ultimate collection of juicing recipes for full health, extra energy and permanent weight loss.

Includes:

- Over 100 delicious recipes for juices and smoothies
- Jason's slimming 3-Day Super Juice Detox
- The Juice Master's Natural Pharmacy – juices for common ailments
- Complete A-Z of fruit and veg – how specific vitamins and minerals help health and vitality
- Kids Stuff – how to get your kids to drink fruit and vegetables and love them!

Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies Details

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Author : Jason Vale

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From Reader Review Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies for online ebook

Mika Auramo says

Jason Vale on tunnettu ravitsemusterapeutti, joka on julkaissut useita mehustuskirjoja - eli kuinka valmistaa terveelliset ja maistuvat smoothiet (pirtelöt) ja mehut tuoreista raaka-aineista.

Kirjan johdanto on selkeä ja ottaa huomioon aivan aloittelijatkin. Reseptit on jaoteltu kymmeneen eri ryhmään, esim. lasten makuun, puhdistavat, mehuvedet, kauneudenhoito jne.

Kaikki ohjeet on hyvin toteutettu: ensin tulee lyhyt johdanto, miksi annos on suositeltava, ohje, mineraali-amonihappo- ja vitamiinisisältö, lopuksi vielä tiiviisti, miten juoma vaikuttaa elimistöön.

Uusimpien laitteiden (mehustimen ja blenderin) putsaus vie vain muutaman minuutin valmistuksen jälkeen. Tuoreita vihanneksia, juureksia ja hedelmiä tulee syötyä enemmän, eikä tarvitse tyytyä kaupan hyllyltä noukittuihin surkeisiin muka ateriankorvikkelikuihin, joihin lisätty vitamiinit ja säilöntääineet.

Mary Collings says

Great book with some great recipes and some that aren't so good. I've bought a juicer and blender now so I need to buckle down and get healthy!

Nada Chan says

Too complicated to get all the different types of fruit all the time. Enjoyable to read though!

Mike Ormsby says

Great resource for recipes and information. Well-produced with bright pages to match Mr Vale's irrepressible personality. Whether you are new to juicing or an old hand, you'll find something that tastes great. Plus, you learn about nutrition. Want your kids to grow and glow? Keen to age gracefully, in rude health? Buy a juicer and read this bio-bible. Even Jason's simple signature recipe - apple and lemon with ice - will spin your head and buzz your system. Only one gripe - most ingredients feature in numerous recipes throughout, so you must keep referring to the index for page numbers. Jason doubtless has his reasons for such a format, but I wonder if individual chapters on e.g, 'Bananas', would make it easier, all round? Regardless, this is a must-have for any kitchen. It takes ages to clean a juicer? Nah, 5 minutes. Just think of the goodies in your system and the baddies they can zap. A life-changer!

Alaine says

Excellent book with delicious juice recipes in it. Lots of helpful nutritional informations in it as well.

Tracey Allen at Carpe Librum says

I recently purchased a juicer and a family member gave me this book to read for recipe inspiration. I've really enjoyed it, and I'd go so far as to say that The Juice Master goes further than a regular recipe book in that it provides details on the vitamins contained in each juice and the way in which it will 'juice' those that drink it.

The easiest way to demonstrate this is to share a recipe from the book. Today feels especially cold so I'll share a juice called 'Cold War'.

(See blog for recipe).<http://myfourbucks.blogspot.com.au/20...>

With over 100 recipes in this format, this is more than just a recipe book, it's a treasure trove of information and also contains juices designed with particular health benefits in mind. With an index sorted by name of fruit and vegetable, it is easy to find what you are looking for.

The documentary Fat, Sick and Nearly Dead has made juicing very popular again although I didn't hear about it until I was buying my juicer. Watching it I found it very inspirational; have you seen it? Excited by the documentary, I asked my Doctor if I could do the juice fast and she gave me an emphatic 'no.' Oh well.

In summary, this is a gem of a juice book and I'm reluctant to return it. If you have a favourite juice recipe you'd like to recommend, please share it in the comments section, I'd love to try it out.

Paula Flanagan says

This is like my bible :-)

Kerry Stirling says

Brilliant Juicing recipes. Juicing keeps your skin looking great all year round and is good for anti ageing!

Taha Boksmati says

Great Juice Recipe Book

Alexandra says

I love the recipes (I did the 3 day program) especially the one with avocado! YUM but I wish I knew what I should eat right after the detox. I know I can't have crappy food but I am scared to go straight to food.

Renée says

I just ordered my first juicer, and this book has all the info you need.

I haven't tried the recipes yet, but can't wait!
