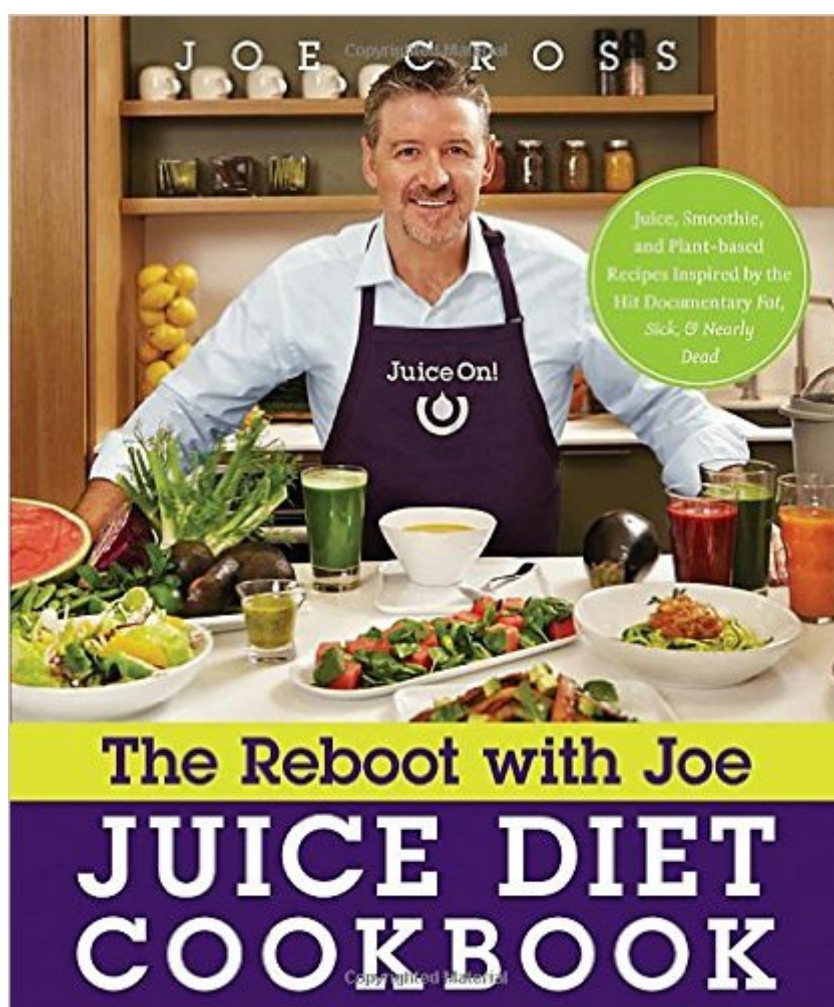


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# The Reboot With Joe Juice Diet Cookbook: Juice, Smoothie, And Plant-powered Recipes Inspired By The Hit Documentary Fat, Sick, And Nearly Dead



## 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

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 got this book because it has the recipes from the original book and he added new ones. I liked his first book but the recipes were all the way in the back. This book has less of the story and info on the juice fast and concentrates in the recipes. Each recipe gets its own page almost and I really like it. I recommend this book if you are already aware of Joe's plan and how the juice fast works etc

and want to just have an easy way to get the recipes - the book does mention the history and fast, not as the main focus like his other book. Also, I want to stress again that this book has more recipes and a smoothie section as well as well as a hybrid juice and coconut juice concoctions.

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.

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.

My wife and I are doing the juice diet and I have lost 15 lbs in two weeks. She's lost 13 lbs. We feel great and plan to do 2 more weeks . This book is a must have if you plan to do this.

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.

This review is not on the content of the book but on the kindle format. The kindle version cuts off words on the left side of each page. Save your money and get the paperback.

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