

101 Juice Recipes

Joe Cross

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Joe Cross : 101 Juice Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised 101 Juice Recipes:

62 of 64 people found the following review helpful. Definitely Worth Purchasing!By DaMannPeriodically, one or more members of my family will go on a juicing or smoothie binge. Normally I juice and drink smoothies regularly and I use whatever we have in the house. However, when a family member wants to get healthy on his/her own, I get excited. Earlier this year, my least healthy child, my 16 year old daughter decided she wanted to try to clean up her diet a bit and do a short juice fast. We found plenty of recipes and support on the Reboot with Joe website, but I wanted to make sure she had whatever she needed for success so I purchased a couple of Joe Cross books including the "101 Juice Recipes"; published September 16, 2013. I didn't expect it to be that useful since Joe Cross publishes so many of his recipes online, but this cardboard stock book loaded with beautiful pictures amazed me with its usefulness! Just about all of the 101 Juice Recipes were brand new to us and most of them used produce we could easily source even in southern Alabama. Recipes are organized by color and provide information about which ones are useful for fasting, for energizing during workouts, for avoiding if you have diabetes, etc. The provided recipes gave me, an extremely confident and adventurous cook anyway, the confidence to try juicing foods I never would have considered previously. In fact, so many of my current favorite juices came directly out of or were inspired by this book! My absolute favorite contains fennel, kale, celery, and orange and I never would have tried this combination on my own! I am extremely glad I purchased this recipe book and I constantly recommend it to friends who decide to start juicing.57 of 58 people found the following review helpful. GOTTA Juice with Joe!By Patricia CardozaI love Joe Cross. Juicing changed my life. I lost 36 pounds in 3 months. I juiced everyday, but did eat, salads, veggies, and

healthy organic foods. This juice book and Joe Cross's documentary had really changed my life. I am 49 years old. I went to the doctor in October 2015 I had all my blood work completed. I was Pre-diabetic, low potassium, low calcium, had no energy, couldn't focus, had overall malaise. The summer of 2015 was miserable, I hated going anywhere and even though I tried to diet and eat healthy, my body would not give a pound. It was like my metabolism just plopped on the couch and refused to budge. I was so depressed and tired. Then I watched the documentary with Joe Cross, Fat,Sick, and nearly dead while I was sitting on the couch with my slow metabolism lol.The next week. I bought the juicer the next month off , bought my veggies and tried out a few creations on my own. Gross! One I called War Water because it was khaki green. LOL. So I looked to Joe and I bought this book and started following the recipes and WOW, they actually tasted great and not one was khaki green. :) Now I'm just living and juicing. I still juice at least one of my meals three times a week and follow a Vegetarian and mostly organic diet. I still have more weight to go, so I'll probably pick up my pace a little.The thing is these recipes are delicious, filling and so good for you! The energy from juicing is unreal and went from nearly falling asleep at my boring job, to taking ownership of it and getting noticed for it, actually got a raise!Now I'm saying that juicing and Joe is going to lead to a raise, but when you are awake and feeling amazing, I think it attracts all the right stuff into your life.129 of 131 people found the following review helpful. Very good bookBy Raphael CaltonAfter viewing the movie, I started juicing but needed a good recipe book and this one is great. The pages are laminated which make it easy to clean and use and all the juice are categorized by color and ingredients.

The latest recipe book from star of the inspiring weight loss documentary Fat, Sick Nearly Dead; contains 101 delicious juice recipes (with 101 pictures) to optimize your health, help you slim down, and satisfy your taste buds. The recipes include everything from Joe's signature Mean Green Juice to exciting new juices like the Green Honey, Mexi Cali and the Peach Chai. Whether you're new to juicing, looking to complete a Reboot or just want to add variety to your daily juicing routine, this book is for you. The recipes are organized by color to ensure you enjoy a range of flavors and more importantly, receive a wide spectrum of nutrients. Have a health condition? Follow the key that indicates what juices are best for fighting specific conditions like diabetes, high cholesterol, osteoporosis, etc. You'll also find guidelines for cleaning and storing your fruits and veggies and a substitution chart if you want to swap fruit and veggies you don't like or are hard to find in your area. Try a new juice every day!

About the AuthorJoe Cross is a filmmaker, entrepreneur, author and wellness advocate. He directed, produced and was the subject of the award-winning documentary Fat, Sick Nearly Dead; authored The New York Times bestseller, The Reboot with Joe Juice Diet, which has been released globally in multiple languages; and is credited with having accelerated the plant-based eating and juicing movement by media outlets including the Wall Street Journal, the Times of London, and The Dr Oz Show. His second documentary film, Fat, Sick Nearly Dead 2, focuses on how to stay healthy in an unhealthy world.