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The Juice Master: Turbo-charge Your Life in 14 Days

By Jason Vale



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The Juice Master: Turbo-charge Your Life in 14 Days By Jason Vale

A practical 14 day diet plan with 30 raw energy recipes from leading health coach and seminar leader, Jason Vale – aka The Juice Master. A motivational read with a practical plan that will inspire you to fuel your body with the right stuff!

Jason Vale is fast becoming the UK's most popular health coach. Here 'the Juice Master' offers his first ever 14 day diet programme.

It includes:

- no wheat, no yeast, and 'man made' carbs at lunchtime only
- 70% of your daily menu to be water-rich 'live' foods
- not eating 3 hours before going to bed
- exercising twice a day for 45–60 mins
- TV and recreational computer time being kept to a max of 2 hours a day
- 30 great recipes, including Green Veggie Power Soup, Turbo Salad, Protein Snack Attack and Green Power Smoothie

Jason Vale tackles the most common excuses we use to let ourselves off the hook: 'I can't because... I've got a slow metabolism... I don't have time...' and offers inspirational stories of people who have overcome giant obstacles to achieve their goal.

This book will help you move from a dieting mentality to one where you focus on what you can have rather than what you think you can't have.



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The Juice Master: Turbo-charge Your Life in 14 Days By Jason Vale Bibliography

- Sales Rank: #472118 in eBooks
- Published on: 2010-06-10
- Released on: 2010-06-10
- Format: Kindle eBook

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Editorial Review

Review

'What made me change was reading a book by Jason Vale. He was the first person who said 'It's up to you!' ANNE DIAMOND in The Daily Mail 'Your book has been invaluable to me and has changed my way of thinking completely. I feel enlightened and lucky to have come across you in my life journey. If you're in Harrogate sometime, maybe we could meet over a fresh cup of...juice! Thanks again bud.' Ramesh Mehay 'Thank you, thank you, thank you for your brilliant book...Even my husband, who is very much an 'eat as little fruit and veg as possible' kind of person, is reading the book and, after just a few days of cutting out the rubbish, is 'hooked' on this way of thinking and eating.' Lynne Pritchard

About the Author

Jason Vale, the Juice Master, is a successful health and lifestyle coach and TV presenter. A fantastic advert for what he preaches: fit and healthy, he is a former chocolate-bingeing, lager-drinking chain smoker who has turned his life around, and since 1994 he has personally helped thousands of people destroy their cravings for the unhealthy products we're addicted to. His seminars are consistently sold out.

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Annie Fowler:

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