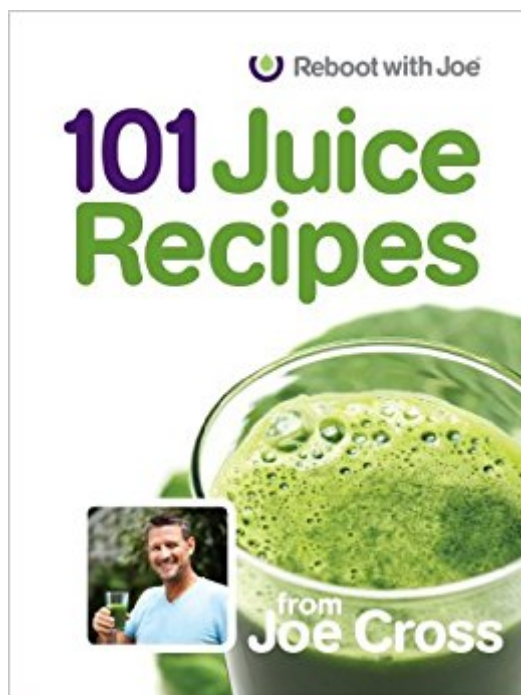


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101 Juice Recipes



Synopsis

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!

Book Information

Spiral-bound: 123 pages

Publisher: Reboot with Joe (September 16, 2013)

Language: English

ASIN: B00E8L1MRW

Package Dimensions: 11.5 x 5.4 x 0.6 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 412 customer reviews

Best Sellers Rank: #5,678 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #1088 in Books > Health, Fitness & Dieting

Customer Reviews

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Meet Joe Cross Before Joe became a health advocate, he was just an "average Joe" who worked hard and played hard, while neglecting his growing health issues. Obese, loaded up on steroids, and suffering with a debilitating autoimmune disease, he realized that he was in trouble. With doctors and conventional medicines unable to help him long-term, he knew he needed a drastic change in his lifestyle. He turned to his last option: allowing for the body's natural ability to heal itself. Through juicing, he lost 100 pounds and broke free of his symptoms of autoimmune disease.

Why Juice?

Tastes Delicious Enjoy variety of fruits and veggies that actually taste good together. Recipes are delicious and healthy. **Nutrient Dense** Get the benefit of eating several servings of produce in just one juice. Juicing extracts the vitamins, minerals and soluble fiber, leaving behind the bulk. **Vitamin Rich** Juicing a variety of vegetables and fruit can also provide more vitamins and nutrients than eating one type of produce.

Joe 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.

I 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.

After 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.

Periodically, 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.

Many awesome recipes, my only draw back would be he references his web site and when you go to access the website you have to buy time intervals of access. But besides that the book is worth the 5 star rating, it is broke down into categories that are helpful ,and there is information on each juice recipe as to what that specific benefit juice may provides you with. Easy to find ingredients simple instructions on how to prep and store. Love it just wish there wasn't additional fees to obtain more info or help but that doesn't effect the quality or recipes that this book provides.

I have finally tried most of the recipes in this booklet. Most of them are excellent. I have learned that there are some vegetables that I can't stand to juice and some that I never thought would be good

juiced. I suggest that you give a try to even the stuff that sounds like it would not be good, you probably will be pleasantly surprised. And as a side note: some of the recipes call for multiple stalks of celery. In my opinion anything more than a quarter of one stalk makes the entire juice tastes like nothing other than celery.

I love the recipes and the layout of this book. The best juicing book I have and now the only one I use. However the first one they sent the pages were falling out of the spiral as soon as I pulled it out of the packaging and the pages were bent. I sent it back and received the replacement one, and it was bent and damaged as well. I think its the packaging. I am keeping it because it has great recipes and info. It would easily be a 5 star if they could get it here undamaged.

Didn't get a lot out of this. I guess I was expecting more of something. Not sure what but I just didn't find this appealing. I did find it as overpriced for what it is though. Nothing really different than googling green smoothie or veggie smoothies recipes from other online sources.

I love all the recipes, good book!

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