



The Reboot with Joe Juice Diet Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary *Fat, Sick, and Nearly Dead*

By Joe Cross

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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.

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Editorial Review

Review

"Joe Cross has spread the message of better health through better nutrition the world over. By sharing more of his healthy recipes, he is encouraging people to consume more micronutrient rich produce, with disease-fighting and anti-cancer benefits." -- **Joel Fuhrman, M.D.**

"Joe's Reboot cookbook is a total inspiration! The fun, easy recipes will help anyone, even families with picky eaters, get more healing, yummy foods into their body. Follow the plan, make a few changes, and you'll feel better in no time!" -- **Alexandra Jamieson, co-creator Super Size Me, Author, Women, Food and Desire**

"This is what we've all been waiting for: Joe Cross's take on what to eat when we're not juicing! The dishes are as delectable as they are healthful, and these sophisticated results come from blissfully simple recipes. Plus, Joe regales us with more juicing wisdom, too - it doesn't get better than this." -- **Victoria Moran, author of Main Street Vegan**

About the Author

Joe Cross is an Australian entrepreneur and investor who discovered the power of juicing to reboot his health. He is also the founder of Reboot With Joe, a lifestyle brand that provides information, tools, media and entertainment, consumer products, and community support that encourage people to consume more fruits and vegetables in order to improve their health and vitality.

Users Review

From reader reviews:

Carl White:

Why don't make it to become your habit? Right now, try to ready your time to do the important take action, like looking for your favorite publication and reading a publication. Beside you can solve your short lived problem; you can add your knowledge by the guide entitled The Reboot with Joe Juice Diet Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary Fat, Sick, and Nearly Dead. Try to the actual book The Reboot with Joe Juice Diet Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary Fat, Sick, and Nearly Dead as your friend. It means that it can being your friend when you truly feel alone and beside regarding course make you smarter than ever. Yeah, it is very fortuned in your case. The book makes you far more confidence because you can know anything by the book. So , let me make new experience along with knowledge with this book.

Kevin Strickland:

Now a day folks who Living in the era everywhere everything reachable by talk with the internet and the resources included can be true or not demand people to be aware of each facts they get. How people have to be smart in getting any information nowadays? Of course the answer is reading a book. Examining a book can help people out of this uncertainty Information particularly this The Reboot with Joe Juice Diet

Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary Fat, Sick, and Nearly Dead book because book offers you rich information and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it everybody knows.

Judy Brown:

This The Reboot with Joe Juice Diet Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary Fat, Sick, and Nearly Dead is brand new way for you who has interest to look for some information mainly because it relief your hunger associated with. Getting deeper you into it getting knowledge more you know or perhaps you who still having little bit of digest in reading this The Reboot with Joe Juice Diet Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary Fat, Sick, and Nearly Dead can be the light food to suit your needs because the information inside that book is easy to get by means of anyone. These books develop itself in the form and that is reachable by anyone, sure I mean in the e-book application form. People who think that in reserve form make them feel drowsy even dizzy this guide is the answer. So you cannot find any in reading a publication especially this one. You can find actually looking for. It should be here for you. So , don't miss it! Just read this e-book sort for your better life and also knowledge.

Gary Lewis:

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