



101 Juice Recipes

By Joe Cross



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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!

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Editorial Review

About the Author

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.

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