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Reboot with Joe Recipe Book (Plant-Based Recipes to Supercharge Your Life)

Joe Cross

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Joe Cross : Reboot with Joe Recipe Book (Plant-Based Recipes to Supercharge Your Life) before purchasing it in order to gage whether or not it would be worth my time, and all praised Reboot with Joe Recipe Book (Plant-Based Recipes to Supercharge Your Life):

98 of 100 people found the following review helpful. BUY THE HARD BOOK - change your lifeBy SandraI love my steaks -- they don't love me. Joe Cross gets it.Plant based is the way to go and if you saw Joe's documentary, you will fully appreciate his mission toward better health and less man-made supplements or medications to change the food-

induced diseases many in America face. I initially purchased the Kindle version . . . not recommended as recipe's are not an easy scroll. Buy the flip book, change your life toward better health! 95 of 101 people found the following review helpful. Good starter recipe book for people looking to improve their diet. By MommEI bought this book in the Kindle for PC version when I decided to try a "Juicing Fast" to improve my health. I bought this juicer Breville JE98XL Juice Fountain Plus 850-Watt Juice Extractor, but if you don't have a juicer you can still make use of the book. It has recipes for 21 Juices, 4 smoothies, 3 baked fruits, 10 salads, 6 dressings/dips, 8 snacks, 7 soups, and 9 vegetables. The measurements as well as the nutritional values given are approximations, especially the juices as they call for "handfulls" of ingredients. You'll notice the amounts of foods from different color groups will be listed after each recipe. This book encourages using vegetables and fruits from the full color spectrum to improve your diet. If you are new to Juicing or just want some healthy alternatives to your present diet this book offers some tasty ideas. Some of the juices are very "green" tasting and smell like fresh cut grass, but none were truly bad to my taste-buds. Some of the soups are particularly good. Many of these recipes can be found on Joe's rebootwithjoe website if you search for them, but it is nice to have the collection assembled and on hand. 18 of 18 people found the following review helpful. Good food By PookieUnbelievable. There is not one bad recipe in the book. I'm eating food I have avoided for years and I find it quite enjoyable. It's easy to prepare and so far we have been able to find all the ingredients.

Prop this recipe book up on your kitchen counter for healthy inspiration and quick and easy access to a wide variety of plant-based recipes inspired by the film Fat Sick and Nearly Dead by Joe Cross. This cookbook features over 70 of Joe Cross' favorite juice recipes, smoothie recipes, salad recipes, veggie dishes and more.