

A glass of orange juice splashing, with the juice overflowing and creating a dynamic, energetic background for the text.

Jason Vale

The Juice Master

7 lbs in 7 days

super juice diet

**'The Juice Programme works!
And if it can work for me, it can
work for anyone.'**

Jordan

7lbs in 7 Days Super Juice Diet, The Juice Master Jason Vale, HarperCollins UK, 2013, 0007518854, 9780007518852, 224 pages. Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results. The one-week super juice diet with fast, body-transforming results from the UK's leading health coach and seminar leader Jason Vale aka The Juice Master. The man who helped Jordan get her slimmed-down post-baby body back has designed a highly motivational and hard-hitting programme for effective speedy weight loss. The 7lbs in 7 days Super Juice Diet can help you get in shape super-fast to give you a beach-perfect body or help you look sensational in that little black dress. With his simple diet and exercise programme and inspirational message, you will not only lose weight, but also have higher energy levels, clearer skin and be set free from the dieting trap forever. Not only will Jason Vale's carefully designed juicing plan help you diet more effectively than ever before, it will also power-pack your body with nutrients and enzymes for the ultimate body boost and help you keep weight off permanently. Reshape your body in just one week by following Jason Vale's effective juicing programme, and feel invigorated and energised while you do it!

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Green Smoothies 50 Essential Recipes for Today's Busy Cook, Adams Media, May 1, 2012, Cooking, 167 pages. Everything cookbooks are a popular choice for home cooks looking for fresh, original recipes that only taste like you've spent all day in the kitchen. We've collected fifty of

The Juice Master Juice Yourself Slim: The Healthy Way To Lose Weight Without Dieting , Jason Vale, Mar 29, 2012, Health & Fitness, 304 pages. Bursting with Juicy motivation, Juice Yourself Slim contains over 50 fantastic soups, juices, salads and smoothie recipes PLUS the Life Long Rules for Success that will help

The Funky Fresh Juice Book , Jason Vale, Jan 1, 2012, , 271 pages. Juice Master to the stars and number one best-selling author Jason Vale has squeezed over 100 funky 'n' fresh juice and smoothie recipes into this latest book. There's

The Dukan Everyday Easy Cookbook , Dr. Pierre Dukan, Joy Skipper, Sep 12, 2013, Cooking, 256 pages. I have learnt that to stay slim you need to cook and eat delicious food. The quick and easy mouth-watering recipes in this book will help you to do just that. Dr Pierre Dukan

The Juice Diet , Christine Bailey, Feb 1, 2011, , 160 pages. Fresh juices have remarkable powers: they enable a clean inner system, while promoting weight loss, boosting energy and immunity, and enhancing natural beauty. "The Juice Diet

The 5:2 Bikini Diet: Over 140 Delicious Recipes That Will Help You Lose Weight, Fast! Includes Weekly Exercise Plan and Calorie Counter , Jacqueline Whitehart, May 14, 2013, Health & Fitness, 256 pages. Lose up to 14 lbs in just 4 weeks! By dieting for only two days a week you can have the bikini body you've always dreamed of fast. With over 140 mouth-watering and filling

7 Lbs in 7 Days Super Juice Diet 7lbs in 7 Days, Jason Vale, Jan 13, 2012, , 245 pages. A healthy and effective diet and exercise program to reshape one's body in just one week, but with lasting results The one-week super juice diet delivers fast, body

Kick the Drink... Easily! , Jason Vale, Mar 20, 2011, , 304 pages. "There is no such thing as an alcoholic and there is no such disease as alcoholism!" Whether or not you agree with this statement, one thing is true, you will never again see

The 5:2 Cookbook Recipes for the 2-Day Fasting Diet. Makes 500 or 600 Calorie Days Easier and Tastier., Angela Dowden BSc, Mar 18, 2013, Health & Fitness, 160 pages. The 5:2 lifestyle diet is

sweeping the nation. It allows you to change your life for the better by dieting just 2 days a week. You will live longer, lose weight and feel great

The 5:2 Fast Diet Cookbook , Samantha Logan, Jul 4, 2013, Health & Fitness, 224 pages. Lose weight and never feel hungry with The 5:2 Fast Diet Cookbook! The 5:2 diet has become the food programme of choice for losing weight. Everybody swears by it - because it

The 50 Best Juicing Recipes Tasty, fresh, and easy to make!, Editors of Adams Media, Oct 3, 2011, Cooking, 30 pages. They're fast. They're healthy. And they're right at your fingertips. The 50 Best Juicing Recipes is an appetizing selection of delicious drinks that'll give you a taste for the

The Juice Master Turbo-charge Your Life in 14 Days, Jason Vale, 2005, Cookery (Natural foods), 259 pages. Two week diet plan with 70 raw energy recipes..

The Juice Master's Slim 4 Life: Freedom from the Food Trap , Jason Vale, May 31, 2012, Health & Fitness, 320 pages. A complete physical and psychological guide to the land of the slim and healthy. The Juice Master's workshops and roadshows contain such antics as the Who Wants to Be a

Slimming World: World of Flavours , Slimming World, Aug 31, 2012, Cooking, 224 pages. If you've ever thought that curries, pasta or hamburgers were the scourge of slimmers, think again! The Slimming World approach to food optimising means that you don't have to

The Juice Master's Ultimate Fast Food Discover the Power of Raw Juice : Everything You Ever Needed to Know about Juice, Jason Vale, 2003, Fruit juices, 251 pages. Real fast food isn't about how quickly food can get to your mouth, but how fast the body can digest it, extract the goodness and get rid of the waste. Jason Vale challenges the

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'The juice programme works! And if it can work for me I believe it can work for anyone.' Jordan 'Just like Jordan, Jason Vale is living proof that his eating plan delivers results' New! 'The perfect kickstart to weight loss in a sensible way to guarantee a fitter, more vibrant and juicier life.' OK! Magazine

Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results. The one-week super juice diet with fast, body-transforming results from the UK's leading health coach and seminar leader Jason Vale 'aka The Juice Master. The man who helped Jordan get her slimmed-down post-baby body back has designed a highly motivational and hard-hitting programme for effective speedy weight loss. The '7lbs in 7 days Super Juice Diet' can help you get in shape super-fast to give you a beach-perfect body or help you look sensational in that little black dress. With his simple diet and exercise programme and inspirational message, you will not only lose weight, but also have higher energy levels, clearer skin and be set free from the dieting trap forever. Not only will Jason Vale's carefully designed juicing plan help you diet more effectively than ever before, it will also power-pack your body with nutrients and enzymes for the ultimate body boost and help you keep weight off permanently. Reshape your body in just one week by following Jason Vale's effective juicing programme, and feel invigorated and energised while you do it!

Right. I am a 50 year old man, not massively overweight, naturally stocky, do irregular exercise, and eat all the usual stuff, from McDonalds and pizza to veggies and fruit and cereal. I have never done a "diet" in my life, because none of them looked vaguely appealing and I knew I would not stick to them. The closest I got was the Dukan for a week. Just got bored and didn't get the results promised.....but a friend of mine lost a LOT of weight by Juice Feasting, which, for me, looked too veggie based and extreme. So, inspired by him, I did my research and decided to do this. It is well written (some find Jason too informal, I like it), informative and just common sense, in that "why on earth hadn't I thought of it like that?" way!! Did the program, religiously, although I did NO specific exercise as suggested, and I didn't drink any hot drinks in the morning, just water from the tap. After 3 days I had lost 7lbs!! Could NOT believe it! After 7 days I had lost 10 lbs. I felt fresher, more awake, rarely hungry, LOVED the juices except for one which was OK, and have now gone on to the 14 day plan Turbo charge Your Life, though not so religiously. Got the app too which is brilliant value. I did have severe headaches on day 2, as predicted, but given the amount of Diet Coke I was downing beforehand I am not surprised. But I will not be going back to chucking all the same unhealthy stuff down my throat that I have for ever, as I have been inspired by this book and Jason Vale to take more care. And I haven't had a Diet Coke or a McDonalds for three weeks. If you stick to it, you WILL be thrilled with how you look and feel, I am sure! Some people have bemoaned the cost of doing it.....well, all I can say is this; Aldi sells all these fruits at a much lower cost than Tesco or Sainsbury, as indeed do the markets. Most of all, remember this is ALL you are going to spend on food and drink all week, so a bill of £30-40 for a week seems not expensive to me. I just thought that it might be useful for someone, like me, who is a bit older and doesn't DO diets, to read that it is pleasurable and DOES do what it says on the tin!! Read more ’

I followed Jason Vale's 7-day juice diet a couple of weeks back, having put on about 10lbs over several months. I was delighted to lose 5lbs in 7 days - and it has STAYED off. Initially I found the regime very difficult - the 'detox' symptoms on day 2 (as he predicts) were the pits (but I believe not everybody has the same experience). I found that after the first 3 days or so I genuinely only felt I needed 3 drinks (you can have up to 5). In retrospect I think this regime would be better followed in the warmer months. I followed it during cold weather (November) and while I was never actually hungry, I did spend a lot of time feeling cold and lethargic for the first few days. The only real criticism I'd make is that he advocates 1.5 hours of exercise per day (30 mins morning, mid-day and evening)... which I think is too much for anybody (what about rest days?) let alone someone existing on juices. I managed to fit in about 30 minutes most days. Since finishing the 7 days, I did not then buy the 'Turbo Charge Your Life in 14 Days' plan as he suggests, but I HAVE been making juice for breakfast most days and sometimes for lunch, then having a healthy meal in the evening. I have lost about 5 more pounds as a result. The juices are tasty (once you get used to the ones that contain spirulina and wheatgrass) and surprisingly filling, especially the ones where you whizz an avocado or banana with the juice. But I found that not all of them last well in a flask as he suggests. However his JM Superjuice does tend to keep well if one makes double quantity at breakfast and puts the rest in a flask for lunchtime. Generally speaking I did feel fairly healthy on this plan because of the sheer number of fruits/vegetables and hence vitamins that I was taking in. This is not an easy option, but I found it a good way to kick start my weight loss.

If you have read Jason Vales books before, then you will know that this guys approach to writing is very casual. It's also very easy to read and surprisingly more(ish)! The first half of the book is designed to make you understand why you are juicing, why it works and why it's good for you and tries to cover just about every scenario that you're likely to use to stop yourself completing the juice week. All that said, I felt really apprehensive about starting this diet and not eating for a week, but I couldn't have been more wrong!! The lack of food is just psychological; this plan is just about not using your teeth for a week! In fact I had more meals more regularly than I do normally. I never at any point felt hungry because the juices definitely make a meal. Some of the juices are nicer than others (as you would expect) but some juices you would think are terrible because they are full of greens, surprising turned out to be my favourites. I felt so happy with the plan, at the end of the week I could happily have carried on. To give myself the best opportunity to succeed I tried to make things as easy as possible. I followed the plan pretty much to the letter and I made up a simple wallchart for the kitchen, although I think JuiceMaster sell these now. This really made it much easier to follow. The fruit and veg for a week cost me about £45, which is less than I would normally

spend on food. The book does exactly (if not more) what it says it does! Here's the big one, I lost 12lbs in a week and I've kept it off! I feel more energetic and much better for it. It's definitely a book that got me back into juicing. I think the book is geared more towards people who are new to juicing but if you have fallen off the juicing wagon this book is just as good for you! Get it, you'll have a much better summer after reading/doing the juicing plan!

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Jason has designed this highly motivational and hard-hitting program for effective speedy weight loss. The "7lbs in 7 days Super Juice Diet" can help you get in shape super-fast to give you a beach-perfect body or help you look sensational in that little black dress. With his simple diet, exercise program and inspirational message, you will not only lose weight, but also have more energy, clearer skin and freedom from the diet trap forever.

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, beer-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. Jason Vale has a strong and ever-increasing media profile and his health seminars run all over Europe.

Before I got into Juicing I used to smoke 40-60 cigarettes a day; I like my drink (as they say) I was more than partial to the odd bit of junk (ie) food, and as a result, I was also fat. On top of that I had severe Asthma to the point where I had to use the blue and brown inhalers and was having 10-16 puffs a day on them. I also developed eczema, mild acne, bad hay fever, and very, very, severe Psoriasis. In short, I wasn't exactly in the best of health and my energy levels were often right through the floor.

I am now in the fortunate position of being free from smoking, drinking and junk food. My Asthma has vanished, my eczema and acne have gone my Psoriasis has cleared by over 90% and I am no longer overweight. In fact, on the health front I'm one happy camper! I am now also lucky to be able to help people who find themselves in a similar position to the one I was in."

I have just finished the 7lbs in 7 days and guess what I lost 8 pounds, 4 inches off my waist and 1.5 inches off my butt and lost 2.6% body fat... plus loads more energy but a few nasty spots from the detox.... There are some juices I am addicted to which are the turbo express, super chute and the lemon/ginger zinger - that one is soooo good.... Am now carrying on with phase 2 and 3 with juices for breakfast and lunch with a light dinner...

"Just to let you know I got on really well. I quite enjoyed starting at the weekend to prove to myself I could still get out and enjoy myself and stick to the programme. I lost 6lbs, which I was really happy

with as I'm not overweight, had just had a bit of a lapse and was struggling to fit in my size 8 clothes! Couldn't believe I wasn't hungry; I felt great, although a little tired a times. Have now read the 14-day book and am embarking on that; I fully signed up to Jason's ideology and so it was good to read the book, remind myself about healthily eating and get back on track. I'm now preaching juicing to all that will listen but seem to be coming up again a barraged of 'excuses'! I hope to do one of the retreats if I can find someone to come along". Thanks and best wishes, Cyra

Out now on the itunes app store is the most successful juicing programme in the world 7lbs in 7 days super juice diet. The app is designed to take the programme on the go, make it incredibly easy and be a great support for the 7lbs in 7 days book. The App supports the 7lbs in 7 days Programme which currently exists as a book, DVD, CD and e-book (available from the ibook store on your iPhone or iPad).

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