

Juice Yourself Slim: Lose Weight without Dieting



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Reviews

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book. (Timothy Lynch)

JUICE YOURSELF SLIM: LOSE WEIGHT WITHOUT DIETING

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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Juice Yourself Slim: Lose Weight without Dieting, Jason Vale, Bursting with Juicy motivation, Juice Yourself Slim is the new book from the No. 1 bestselling Juice Master. Containing over 50 fantastic soups, juices, salads and smoothie recipes PLUS the Life Long Rules for Success that will help you maintain your health and- the big one- keep you slim for life. Let the Juice Master help you discover delicious and simple recipes containing the ultimate super fuel for a super body and mind! Includes: The 5 Day Launch Programme Did you know a space shuttle needs 90% of its energy to launch but only 10% to keep it in flight? Jason shows how the same principle can be applied to permanent weight loss through his launch pad to a life long programme. Kick start your system and give your energy levels a super boost by following his juice, soup and smoothie plan for 5 days Juice Yourself Slim Having successfully completed the Launch programme, it's now time to take things to new juicy heights with The Life Long Rules for Success, and with Jason's motivational tips and unique juicing programme it's the perfect recipe for a permanently slim, trim and healthy mind and body. Juice Yourself Slim also contains: 10 'Souper' Slimming Fuel recipes 15 Super Juice recipes 15 Super Smoothie recipes 10 Super Slimming Salad recipes And Super Fuel on the Go- a fantastic section packed with ideas for energy boosting healthy snacks.

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