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# Juice & Smoothie Recipes

 **Juice**  
MASTER<sup>®</sup>

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# The Funky Fresh Juice Book

Juices & Smoothies, Dr. Juice,  
Celebs & Community Juices.

Juice Master to the stars and number 1 best-selling author Jason Vale has squeezed over 100 funky 'n' fresh juice and smoothie recipes into this latest book. There's something for Gym Bunnies, a Kids Corner, as well as a Dr. Juice section covering various health conditions and giving specific juices and smoothies for: high blood pressure, asthma, hay fever, psoriasis, arthritis, diabetes, digestion and many, many more. Warm up your juicer, dust off your blender and brace your taste buds for the most mouth-wateringly tantalizing fruit and veggie fusions ever created. Includes a special Celebrity Juice section, with juice and smoothie concoctions from Katie Price, Beverley Knight and other celebrity juicers .

★★★★★ **Simon Nixon (Founder of MoneySupermarket.com)** – "When the alarm goes off at 7am, I head downstairs and get out the juicer. I throw in three carrots, four florets of broccoli, some cucumber, celery, an apple and a tiny piece of ginger. After reading Jason Vale's Juice Master book a couple of years ago, I've become a complete convert." -

★★★★★ **Mrs. M Stewart** – Perfect for the new juicer or like me, been juicing for years. I love the layout and the pictures (a picture on every page), makes my mouth water when I see them! My mission is to try all of the juices and smoothies in this book and I can't wait! So easy to read and to refer back to. Saving up for me and my husband to attend one of Jason's retreats and in my opinion it's saving me money living this lifestyle so I'll be there very soon! Juicing helped me lose 2 stone for my wedding and my skin looks amazing. Get the book, get a juicer and a blender and good juicy health to you all :).

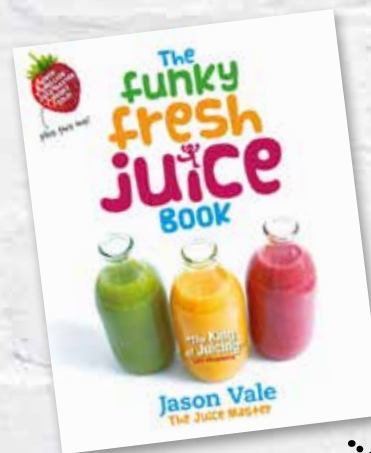
"Arguably Jason's best recipe book yet. Jam-packed with witty humour, vibrant colours and inspiring new recipes. Magnificent from cover to cover making it THE Christmas must have - that just keeps on giving and giving.." – Shug



"This is a great book. I love the pictures and the layout. There is a juice for everyone. I got this copy to give as a Christmas gift. Everyone should have a copy!" – Jennifer

"I have every book that Jason Vale has done on juicing and this tops them all!! I love the color photographs and the stories. Jason has the best tasting juice recipes! This is the best juicing book I've ever seen!" – Jill

"Self-styled "Juice Master" Jason Vale shares over 100 of the healthiest – and tastiest – concoctions imaginable. The juices are a quick and delicious way to get vitamins and nutrients into the body. There's even a "Celebrity Juice" section, too!" – Star Magazine



Dr Juice Section to help  
with common ailments

over 100 funky 'n' fresh juice  
and smoothie recipes



# Broccoli, Ginger & Pineapple Punch

This simple combination packs a powerful nutritional punch. Sometimes “less is more” as they say, but what I always wondered is who they are? Hmm... Enough of my meanderings, and on with the recipe!

## Juicy Footsteps To Follow

Juice the pineapple (no need to peel if you have a good juicer), broccoli and ginger. Pour over the ice to make it refreshingly cool.

### Pineapple

3/4 medium

### Broccoli Stem

3 cm chunk

### Fresh Ginger Root

2 cm chunk

### Ice Cubes

1 small handful

**Best Served...** this super little juice is just what you need if you're doing any physical work such as spending hours in the garden tending to the flowers or your veggie patch; or perhaps you've got a full weekend on with the kids; or you've got a day of shopping ahead and need the energy to get through trying on endless pairs of shoes. Me? I've been drinking them to give me the energy to write over 100 juice recipes!!



## Broccoli Packs a Punch!

The little bonsai tree looking things that are broccoli are fantastic sources of vitamin C. A study at the University of South Carolina found that high doses of vitamin C (taken before and after exercise) reduce muscle soreness.

So this juice isn't just great for all you gym bunnies but also if you're doing any physical work



raindrops keep falling on my head!

## Juicy Ginger Science

Ginger has fantastic anti-inflammatory properties. A study in the “Journal of Medicinal Food” found that ginger alleviated muscle pain more effectively than aspirin.





# Tahini Choco Beaney

In the style of Chitty Chitty Bang Bang this smoothie is “Truly Scrumptious” and should satisfy the cravings of even the biggest choco-head! Dense raw cocoa extract blended with deliciously nutty tahini, creamy banana, a swirl of honey and a splash of almond milk.

## Fairtrade Raw Cocoa Powder

1 tablespoon

## Tahini

1 tablespoon

## Manuka Honey

2 teaspoons

## Banana

1/2 (ripe & peeled)

## Almond Milk

250ml

## Ice Cubes

1 small handful

## Tahini Bo-Beaney

This is “Truly Simple” to make! Just add all the ingredients to the blender and whizz-up until “Smoothly Scrumptious”.

**Best Served...** when you feel like indulging in something chocolatey and sweet and devilishly delicious.



## Cocoa-tastic!

Did you know that a cup of cocoa has almost three times the antioxidants of a cup of green tea?!

You must try this one and I mean **MUST!** This genuinely tastes like a rich-creamy chocolate milkshake.

## Can I Remotely Justify This?

Absolutely you can! Tahini is a great source of calcium, magnesium, iron, phosphorus, zinc, vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub> and pangamic acid. B vitamins play an essential part in the running of the body. They promote healthy cell growth and division, including red blood cells, which helps prevent anaemia.

Cocoa is the powder of the raw cacao bean and is as far away (on a health front) from mass produced, sugar loaded commercial chocolate as Mary Poppins is from Lord Voldemort. It is renowned for its high antioxidant levels and is believed to enhance mood, lower blood pressure and reduce the risk of heart disease and strokes.





# Hay Fever Heaven

## The Anti-Histamine Super Shot

**PRESCRIPTION**  
FOLLOW DIRECTIONS BELOW  
TO BE TAKEN AS NEEDED

**JHS**  
Jolly Health Service

**INSTRUCTIONS:** Simply juice the lot.

**BEST SERVED:** every single morning for at least four weeks BEFORE your pollen season starts. Then every day during the whole season.  
Best taken in a small "shot" glass and downed in one.  
I wish you a tissue, tablet and nasal spray free summer.



*I think severe "hay fever" needs renaming as people just don't take it seriously enough. It's a condition not to be sneezed at!*



This was another ailment I used to suffer from in a bad way. Like many diseases, there is a spectrum of severity for this particular disease. For some, hay fever means slightly itchy eyes and a bit of a snuffle; for others it means feeling like you have been run over by a truck. I was in the "run over by a truck" hay fever camp.

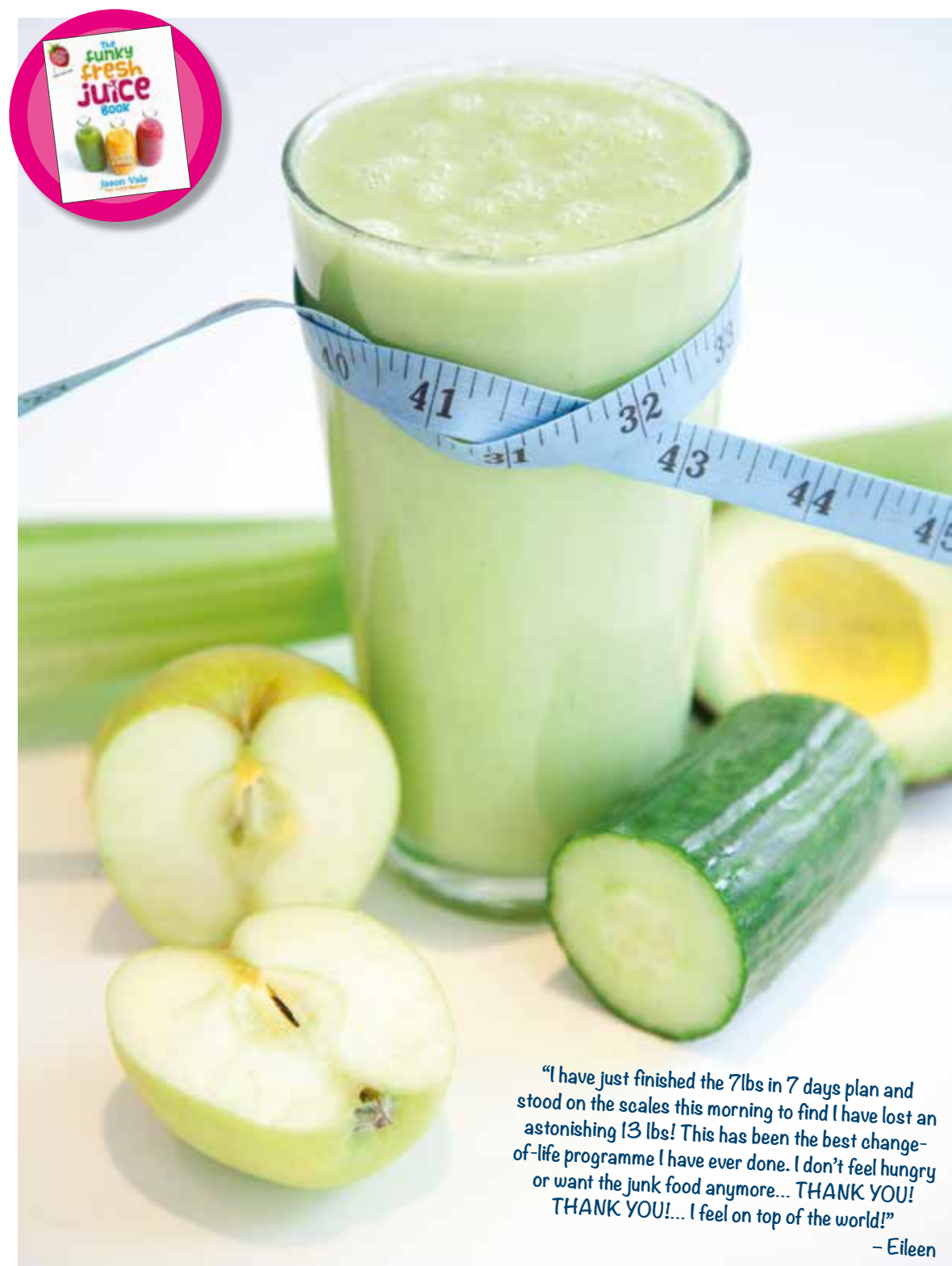
*I HAD to find either an air-conditioned building or a sauna to get any respite at all!*

I really wish they would rename this "Severe Hay Fever" as people just don't take hay fever seriously. If you do suffer badly, my heart goes out to you. Even more so if every year you find you have to pump your body full of drugs. The good news is that there is a natural remedy, which actually seems to work and I would like to present it to you here. I am not saying it will 100% clear all of your symptoms but there is no harm in giving it a go as

unlike most drugs, it's "adverse side-effect free" (unless you are allergic to the ingredients of course!) It works for me every year and I hope it will work for you.

*"Dear Jason, I have suffered from terrible hay fever for many years - blocked nose, sneezing, generally feeling awful. I came across one of your books half-way through this year's hay fever season, within 2 days symptoms had completely gone. Then the only way I was aware that the hay fever season had ended was when my hay fever suffering colleagues at work (who had foolishly not taken my advice to use the book) told me that their symptoms had finally gone. Definitely the most effective health book I have ever read!"*





*"I have just finished the 7lbs in 7 days plan and stood on the scales this morning to find I have lost an astonishing 13 lbs! This has been the best change-of-life programme I have ever done. I don't feel hungry or want the junk food anymore... THANK YOU! THANK YOU!... I feel on top of the world!"*  
 - Eileen

# Slimming Smoothie

The One For Weight Loss



<p><b>PRESCRIPTION</b>  <small>FOLLOW DIRECTIONS BELOW          TO BE TAKEN AS REQUIRED</small></p> <p><b>JHS</b>  <small>Julie Health Service</small></p> <p><b>Apples</b>          TWO GOLDEN DELICIOUS</p> <p><b>Celery</b>          TWO STALKS</p> <p><b>Cucumber</b>          ONE-THIRD MEDIUM</p> <p><b>Lime</b>          ONE (PEELED)</p> <p><b>Ginger</b>          3 CM CHUNK</p> <p><b>Avocado</b>          ONE-HALF (RIPE)</p> <p><b>ICE</b>          SMALL HANDFUL</p>	<p><b>INSTRUCTIONS:</b> Juice the apples, celery, cucumber, lime, and ginger. Place the juice, ice and avocado into the blender, and blend until smooth.</p> <p><b>BEST SERVED:</b> as a meal replacement for breakfast. When you wake up, take on board some hot water and lemon, and go for a run. If you workout on an empty stomach in the morning you turn into a "fat burning machine"! You will be amazed at what a difference a little workout and this smoothie (as a meal replacement) once or twice a day, will have on your waistline and overall health.</p>
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Of all the ways to lose weight, I do not know of a more guaranteed or healthier way to do it than a well thought out fresh juicing programme. My 7lbs in 7days, Super Juice Diet book has sold over 1 million copies.

*I have received thousands of emails from people all over the world who have not only lost 7-18 lbs in just seven days, but reached their goal weight and moreover, kept it off.*

These emails aren't from one or two people, but from thousands all over the world. You will see some examples in the "Community Juice" section. It is also worth catching up with Joe Cross and Phil Staple's stories in the inspirational documentary Fat, Sick and Nearly Dead. If you do ever follow my juice "diet", I would advise watching this documentary before you start.

If you don't fancy doing a juicing programme and want just a "meal replacement" smoothie to help you lose weight gradually - here it is! The Slimming Smoothie has been carefully designed to provide your body with the right essential fats, carbohydrates, amino acids, vitamins, minerals, water and enzymes - the right fuel to keep you sustained. If you replace your breakfast with this smoothie, it should keep your hunger at bay 'til at least lunch. If you eat three times a day, you have totally transformed 33% of your daily intake to a no dairy, no wheat, no refined sugar, no trans or saturated fats, no artificial flavour, no artificial sweeteners, 100% pure plant based meal. Replace two meals a day with this and another smoothie from this book, you've hit 66%. Follow that with an evening carb-free meal (perhaps some fish and salad) and you'll be on your way to the land of the slim and trim in no time at all!

# 7lbs in 7 DAYS

**7 Day Juice Programme  
Includes Free Wallplanner  
Amazon Number 1 Best-seller  
Over 2 Million Copies Sold Worldwide**

Lose up to **7lbs in 7 days** the healthy way with Juice Master Jason Vale's **ultra-fast 1-week super juice diet** and learn how to **change your eating habits for life**.

This **highly motivational** and hard-hitting programme for effective, **speedy weight loss** has made **health headlines around the world**. Now **fully updated** with new cover and a **FREE full colour wallplanner**.

The **simple diet and exercise programme** combined with Jason's **unique inspirational coaching**, you will not only **lose weight** but have **higher energy levels, clearer skin, more motivation** and – best of all – be **free from the diet 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!

★★★★★ **Lisa** – I tried 7lbs in 7 Days this past February with great success. I lost 8 lbs and haven't gained any back. I actually have lost another 5 since then. On top of that between exercising (no excuses allowed), juicing and eating a raw food diet, I've lost 5 inches off my belly. I found the wall chart and text easy to follow. I especially appreciated the nutrition information that accompanied the recipes... I still use many of the juice recipes daily; usually either for breakfast or lunch. I especially will juice if I have to go out near dinner time when I might be tempted to eat more processed foods. The juice holds me over and stops the cravings.

★★★★★ **Starbug** – I bought the book not knowing if I would actually do the diet. Just reading the first couple of chapters inspired me to plan a good time and do it. I lost 9lbs and learnt a lot. I did buy the app to accompany it which is brilliant and I can recommend the use of both together. The book has a great fold out weekly plan poster which I put on the kitchen wall. All in all this is well worth the money.

“...I got on the scales this morning. I had to get off again as I thought the scale was broken. Got back on and my jaw dropped. I lost 15 lbs! ...I can't thank you enough...” – Gary



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**ALSO AN EBOOK - APP - DVD - CD - WALLPLANNER**



Look it's the UK updated version of my best-selling 7lbs in 7days Super Juice Diet, 7lbs in 7 Days even knocked The Da Vinci Code off the number one spot. How cool!

This special US edition of the book only available at [www.juicemaster.com](http://www.juicemaster.com)



**7lbs in 7 DAYS**  
THE JUICE MASTER DIET  
WITH JASON VALE

7lbs in 7 Days has knocked 'The Da Vinci Code' off the no. 1 spot!



# Juice Master's Turbo Express



This wonderful juice/smoothie is based on the famous Turbo Charge Smoothie from the book *The Juice Master: Turbo-Charge Your Life in 14 Days*. This has the nutritional elements of the TCS only in smaller amounts. This was the main juice that Katie Price (Jordan) used to lose 28lbs in just 3 months.

## Juicy Ingredients

- 1/4 small pineapple
- 1/2 celery stick
- 1 inch chunk of cucumber
- 1 small handful spinach leaves
- 1 small piece of peeled lime
- 2 Golden Delicious or Royal Gala apples
- 1/4 ripe avocado
- Ice Cubes

## Juicy Instructions

Juice the pineapple, celery, cucumber, spinach, lime and apples, (if you have a Philips whole-fruit juicer, put in one apple, place other ingredients on top, and then finish up with the other apple). Place the ripe avocado flesh in a blender/smoothie maker along with the ice and juice mixture. Give a good whiz for 45 seconds (or until smooth). Pour into glass – enjoy!

## Why It's Sooooo Turbo Charged!

This juice is rich in potassium, vitamin C and iron, which helps cleanse the intestine and boost the immune system. It is excellent for rebuilding red blood cells and reducing blood pressure. It is helpful with kidney problems and acts as a diuretic. The blended avocado contains all of our body's six dietary needs in abundance – water, fat, protein, natural sugar, vitamins and minerals.

**All in all, an amazing meal in a glass!**



**7lbs in 7 DAYS**  
THE JUICE MASTER DIET  
WITH JASON VALE

In Jan 2012 over 10,000 people collectively lost more than 70,000lbs on the 7lbs Plan.



**A True  
Anti-Cancer  
King!**

# Juice Master's SuperChute Juice™



## Juicy Ingredients

- 2 Golden Delicious or Royal Gala apples
- A small chunk of carrot
- 1/2 stick celery
- 1 large handful of mixed green leaves – watercress, kale, parsley, spinach, and whatever other green leafy veg are available
- 1 inch slice cucumber
- 1/2 inch broccoli stem
- 1 small handful alfalfa sprouts – found in any good health shop
- 1/4 inch slice unpeeled raw beetroot
- 1/4 inch slice courgette (zucchini)
- 1 small piece of lemon – preferably, wax-free with rind on
- 1/4 inch slice ginger
- 2 ice cubes

## Juicy Instructions

This is called a 'chute juice' because if you have a Philips whole-fruit juicer, all you need to do is place one whole apple in the chute followed by all the other ingredients, finishing off with the other apple. You then simply put the machine on the higher speed and push through. Pour over ice. That's it and that's all! If you don't have a Philips whole-fruit juicer, then feed all the ingredients in whatever size the juicer will take, clearly you may need to cut more!

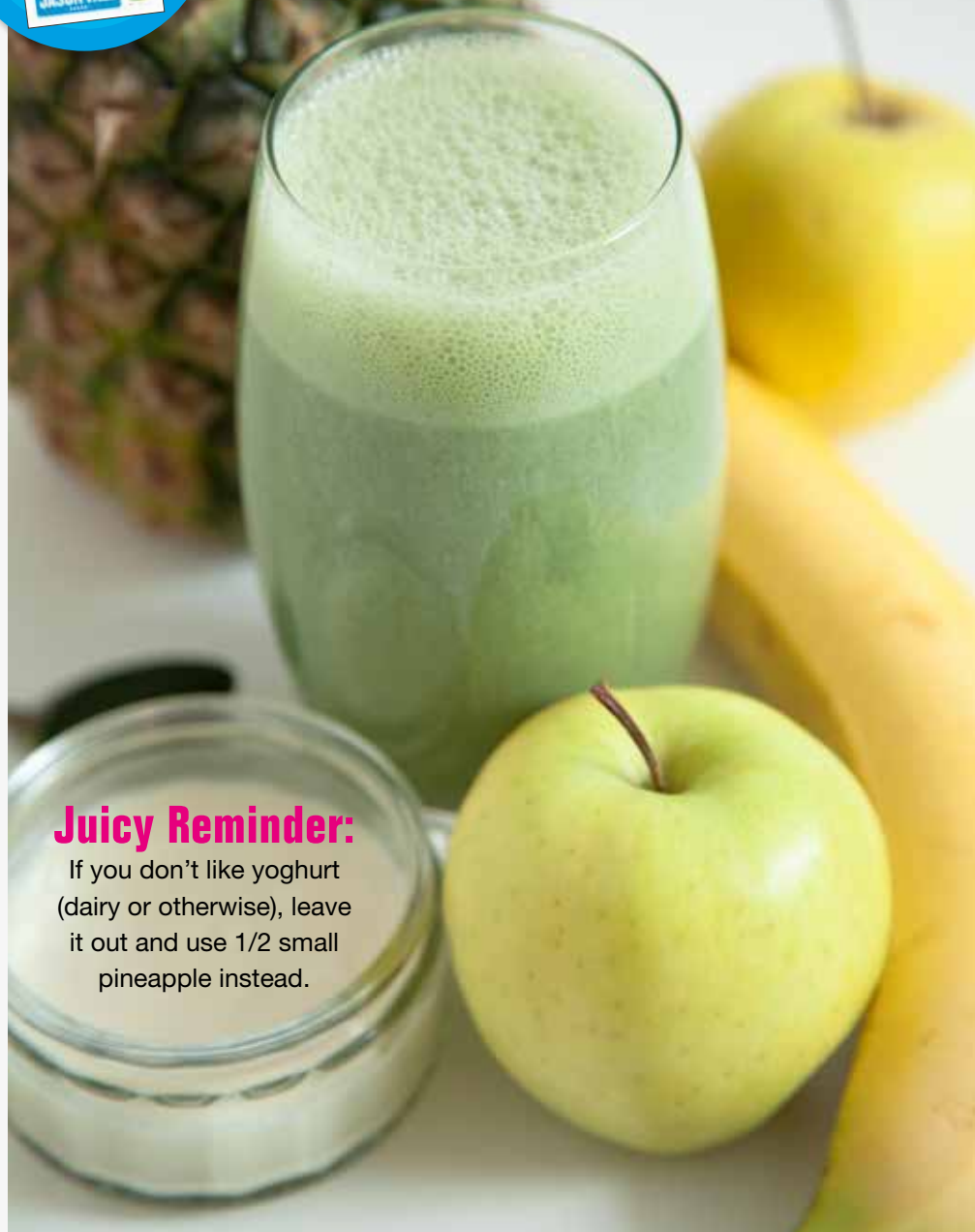
## Why This Is Sooooo Special!

Not only is it fun to make this 'juice sandwich', but this little baby is packed with calcium, iron, potassium, selenium, folic acid and chlorophyll – the life blood of the plant – and it's like drinking liquid sunshine! The juice is packed with vitamin A, which not only helps maintain healthy skin, eyes and bones, but also boosts the immune system. Beetroot is one of nature's best blood builders, as well as being rich in carotenoids.



**7lbs in 7 DAYS**  
THE JUICE MASTER DIET  
WITH JASON VALE

7lbs in 7 Days Super Juice Diet has sold over 1 million copies worldwide.



### Juicy Reminder:

If you don't like yoghurt (dairy or otherwise), leave it out and use 1/2 small pineapple instead.

# Passion 4 Juice Master



This is a wonderful concoction of gorgeous fruit juices, a little natural yoghurt and some super powerful nutrients supplied by a small amount of spirulina.

### Juicy Ingredients

- 1/4 small pineapple – you can juice with the skin on, but give it a very good wash
- 1 apple
- 1/4 banana
- 200g natural organic yoghurt – if you're a juicy vegan, then simply use soya yoghurt
- 1/2 teaspoon of spirulina

### Juicy Instructions

Simply juice the pineapple and apple and pour into a blender/smoothie maker along with the banana, yoghurt and spirulina. Blend until smooth. This will make more than an 8oz glass; drink what you want and when you are comfortably full put the rest in a flask or – as Sesame Street taught us – share!

### Why I'm Sooooo Passionate!

This is a beautifully smooth and creamy smoothie because of the yoghurt that goes into it, and the yoghurt provides the body with calcium, which is essential for strong bones and teeth, as well as maintaining healthy nerve function. The bananas provide an incredible source of slow-release energy, as well as being rich in potassium. This helps promote muscle and nerve function as well as controlling blood pressure.

Iron is one of the most common mineral deficiencies found in humans and this fantastic juice is abundant in it thanks to the spirulina. It is also rich in magnesium and trace minerals, as well as being one of the highest natural sources of B12.



# Juice Yourself Slim

## 7 Day Launch Pad Programme Juices, Smoothies, Soups & Salads

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 7 days. Bursting with Juicy motivation, Juice Yourself Slim is the No. 1 bestselling book which knocked Jamie Oliver off the top spot on the Food & Drink chart on Amazon.

Containing over 50 fantastic soup, juice, salad and smoothie recipes PLUS Jason's unique coaching and 'Life Long Rules for Success' that will help you maintain your health and keep you slim for life. This book is the perfect REBOOT for anyone who has read any of Jason's other books and needs a boost.

### Includes:

- 10 'Souper' Slimming Fuel recipes
- 15 Super Juice recipes
- 15 Super Smoothie recipes
- 10 Super Slimming Salad recipes

★★★★★ **missr2011** – What I love about this book is it also contains recipes for soups and salads as well as the juices and smoothies. I found this much easier to follow than the 7lbs in 7 days, although that was a very good book as well juice yourself slim could be used on a more long term basis. I didn't follow this diet to the letter but I still managed to loose 4-5lbs in 2 weeks. Defiantly a book I will be keeping out!

★★★★★ **Smily** – Started as soon as we finished reading... my partner lost weight 10 lbs in 7days...!! Myself, I didn't need to diet. But I lost 1lb, and I can see my skin is different, it's really moisture and shiny. And I feel like I have so much energy now! ...it was very easy to do every day.

"I bought this after seeing a nutritionalist, my health is really poor, have been juicing for 3 weeks and have definitely noticed a difference in how I feel and have lost 6lbs to boot, will be continuing on this path, keep up the great work Jason." – Naonal8



FREE wallPlanner



amazon kindle

Download on the App Store

GET IT ON Google play

## BOOK - EBOOK - WALLPLANNER

"I ordered this book with free wall planner as part of the two week plan, 7lbs in 7 days & juice yourself slim - I was not really bothered about the wall planner as did not think I would use it much - however how wrong could I be it is so much better than I thought saves loads of time and all colour coded so you can immediately find instructions. Thanks Team great product." – Anne

"I'm a big fan, since first reading Slim4Life 2 years ago I've revolutionized my health and dropped 2 dress sizes in the process - without dieting. This is the Juice Master's best book so far, packed full of inspiration and eye-opening insights, and most importantly, a totally fabulous programme that will have you juicing and eating yourself slim, healthy, energetic and full of bounce - for LIFE! (And as a small and really unimportant bonus, this one is awesomely written - best book.)" – Sarah G





# Beta-Carrot Juice

*'Rich vibrant beetroot combined with sweet carrots and parsnip creates a truly scrummy nutrient-packed juice.'*

2 **apples**

1/2 **beetroot**

2 small **carrots**

1 small **parsnip**

1/4 **lemon** (unwaxed if possible, with the skin on)

**ice**

1. Juice the apples, beetroot, carrots, parsnip and lemon (pack the lemon between the other produce).
2. Pour over ice and enjoy.

**How will it juice me to health?** The use of carrots in the fight against cancer has been well-documented due to their high betacarotene content and the presence of the natural fungicide falcarinol. Beetroot is a great source of iron, which means it helps purify the blood. This juice is superb for helping to build the blood and is great for fighting infections. Despite some of the 'earthy' ingredients, the apple, beetroot and carrots actually have a sweet flavour, which work together to create a delicious juice.



Juice Yourself Slim forms part of The Big Spring Clean, a huge Juice Master juicing event where 1,000s of people lose 1,000s of pounds ready for summer.







# Fruity Bio-Live Breakfast Smoothie

**‘Crunchy muesli smothered in creamy bio-live yoghurt and blended with yummy berries and freshly extracted apple juice’**

## **2 apples**

1 handful of **muesli**


2 tablespoons of **bio-live yoghurt** (Yeo Valley do a delicious 98 per cent fat-free version with no added sugars)

2 tablespoons of **mixed berries** (fresh or frozen, such as strawberries, blueberries, raspberries)

## **ice**

1. Juice the apples and pour into a blender along with the muesli, yoghurt, mixed berries and ice.
2. Blend as much or as little as you like, depending on required consistency – the choice is yours!

**How will it juice me to health?** A good muesli can be packed with an array of whole grains, fruits, seeds, oats and nuts. It can offer a range of vitamins and minerals, complex carbohydrates, fibre, omega 3, 6 and 9, antioxidants and phytoestrogens. Bio-live yoghurt is wonderful for furnishing the body with friendly bacteria that help aid digestion and maintain a healthy gut. The vibrant colour of the berries means they contain a host of phytochemicals, which help the body fight against disease by combating free-radical damage. They are also wonderful for helping to promote healthy, glowing skin. This smoothie is genuinely filling as it really is a meal in a glass – a superb way to start the morning.



Swap your breakfast toast or cereal for a juice and you've converted your diet to 33% live, raw, natural, nutrient rich health!







Juice Yourself Slim also contains soup & salad recipes. Here's one our favourites :)



# Sweet Cherry Tomato & Roasted Pepper Soup

**'Sweet cherry tomatoes and roasted peppers merge to create a souper-scrumptious flavour explosion. This soup is so delicious it's even made it into our Juice 'n' Smoothie Bars.'**

- 1 **red pepper**
- 1 **yellow pepper**
- 1 small **red onion**
- 2 cloves of **garlic**, peeled
- 12 **cherry tomatoes**, stalks removed
- 1 tablespoon of **vegetable**
- 1 **vegetable** stock cube
- Crushed **black pepper**

1. Preheat the oven to 180°/350°F/Gas Mark 4.
2. Remove the stalks and seeds from the peppers and chop into small chunks.
3. Peel the onion and chop into chunks.
4. Place the peppers, onion, garlic and tomatoes on a large baking tray, drizzle with oil and roast in the oven for 15 minutes.
5. Prepare the stock by dissolving the stock cube in 1 pint (570ml) of boiling water.
6. Remove the vegetables from the oven and empty into a large saucepan, add the stock and seasoning, bring to the boil and simmer for 10 minutes.
7. Remove from the heat and, using a blender (hand or jug), blend the soup until smooth.
8. Pour into a bowl and enjoy.

**Why is this soup-a good for me?** Peppers are high in vitamins C, B6 and bioflavonoids. They also contain capsaicin, a natural painkiller considered to be useful for arthritic pain. Red peppers contain lutein and zeaxanthin, which are useful for certain eye conditions. There is vitamin C in tomatoes as well as lycopene, a phytochemical with powerful anti-cancer properties. Once tomatoes have been heated, lycopene is more readily available to the body than in raw tomatoes.





# Blood Builder

**‘The juice of vibrant raw beetroot, sweet betacarotene-packed carrots and zesty lemon all blended together with the subtle flavours of creamy avocado.’**

1/4 **avocado**

**ice**

2 **apples**

1/2 raw **beetroot**

2 small **carrots**

1/4 **lemon**, peeled (keep as much of the pith on as possible or, if you want to use unwaxed lemons, keep the skin on for extra zest)

1. Place the avocado flesh and ice into a blender.
2. Juice the apples, beetroot, carrots and lemon by packing the lemon in between the apples.
3. Pour the juice into a blender and blend until smooth.

**How will it build my body?** Beetroot is exceptional at helping to rebuild blood cells and for assisting the body with cleansing the bloodstream. Carrots are the king of betacarotene kings and contain many vital vitamins, minerals and phytonutrient. The high levels of betacarotene in this smoothie mop up free radicals that could otherwise create havoc in your system. Free radicals are caused by stress, environmental pollution, nicotine, alcohol and even over-exercising (bummer, huh?). The X-factor contained within fruits and vegetables can be viewed as the free-radical police, which work to neutralize free-radical damage This is one of those really amazing smoothies, which will do more good for your body than we will ever really know.

What's the difference between a juice and a smoothie? Simple, if you've have to blend it then it's a smoothie. You don't blend juice – apart from with ice.





# Keeping it Simple

## Juice & Smoothie 3 Day Detox

Keeping it Simple has the perfect juice or smoothie, whether you want to slim down, get healthy or just need a little juice-boost pick-me-up on a rainy day. With Jason's motivational tips and unique '3-Day Super Juice Detox' programme, you will not only clean your system, rid yourself of physical addictions and get extra energy, but you will also learn the fundamental Juicy Rules for a permanently slim, trim and healthy body.

With a complete list of ailments that can be cured by each juice, and a full breakdown of all the minerals and nutrients contained in each recipe, this is the ultimate collection of juicing recipes for full health, extra energy and permanent weight loss.

### Includes:

- Over 100 delicious recipes for juices and smoothies
- Jason's slimming 3-Day Super Juice Detox
- The Juice Master's Natural Pharmacy – juices for common ailments
- Complete A-Z of fruit and veg – how specific vitamins and minerals help health and vitality
- Kids Stuff – how to get your kids to drink fruit and vegetables and love them!

★★★★★ **J Hesmondhalgh "Pooky"** – The book itself is beautiful, it's brightly coloured, well laid out and is quite a joy just to flick through – it's also split into very useful sections so there's one especially for kids, one for detox, one for simple juices, one for smoothies... and if you find yourself with a glut of a certain fruit or veg on your hands the index will quickly refer you to all relevant recipes. The recipes themselves are excellent. They are massively varied... but I've not come across one yet that when put to the test didn't taste great... Happy Juicing!

★★★★★ **Wana** – I usually never write reviews on things I buy but I was so pleased about that book that I thought it was my duty to share my experience. I bought a Philips HR1861 Aluminium Whole Fruit Juicer and received the book in the box. I had never heard of Jason Vale and I didn't think much about the book as I thought it would be one of those books with strange recipes. I am new to the whole juicing thing and I don't think I could have started with a better tool. The recipes are good, there are explanations regarding what the juice is made for, what it contains etc. The juices are easy to make and the ingredients easy to find at your local grocery store. What I liked the most is the writing. Friendly and straightforward, it's just as if you had Jason Vale talking to you face to face.

"This book is so easy to follow and the recipes that we have tried are yummy. We did the 3 day detox and plan to do it again. We have continued to juice!! Great ideas!" – Lynn



amazon kindle

Download on the App Store

GET IT ON Google play

BOOK - EBOOK - APP - DVD



Keeping it simple has over 100 fantalising, melt-in-the-mouth, let your taste buds dance for joy juice recipes plus is packed with many inspirational juicy extras.

This new DVD is distinctly different from the 'Keeping It Simple' book and contains 7 sections from 'Simply Gorgeous Smoothies' to a great 'Kid's Stuff' section.



Whether you want to juice for body, skin, your kids or a healthy summer; you'll find something delicious in here.



# recovery angel

## the hangover helper

**Mixed berries, fresh banana, low-fat live yogurt, fresh OJ...and a little stroke of the head.**

A little worse for wear? Too much of the amber nectar? Feeling like your head is about to explode? Never fear, Recovery Angel to the rescue! This hangover helper is one of the most popular smoothies at our Juice Master Juice 'n' Smoothie bars, so if you are out and about, or too hungover to actually make it yourself, come and see us and we'll make you one!

- 1 large **orange** (peeled but keep the pith on)
- 1 large handful **mixed berries** – **strawberries, blackberries, raspberries**
- 1 **banana** (fairtrade where possible)
- 100g low-fat live **yogurt**
- 4 **ice cubes**

Juice the orange and pour into the blender. Add all of the ingredients and blend until smooth. If you wish to make this in super-fast time, you can get some fresh non-concentrate orange juice and pour into the blender with the other ingredients – this saves cleaning the juicer!

### **How will it help my throbbing head and aching bod?**

The oranges are rich in vitamin C, folic acid and an array of minerals, such as potassium – all of which are depleted by heavy drinking. The natural bacteria help replenish natural bacteria in the gut, quelling any nausea or an upset stomach. The natural sugars help to raise depleted blood sugar levels, and the organic water flowing through nature's finest fruits will re-hydrate your system.

**Juicy Note:** When you feel your head pounding after a night on the drink, most of what you are feeling is blood trying to pump through a dehydrated brain – nice!







The 3-Day Detox inside this book is available at Champney's Health Spa.



# juice master's

## detox special

**Freshly extracted apple, carrot, lemon, pepper, cucumber, celery, broccoli and beetroot juice blended with ice.**

One of the main juices on the 3-Day Juicy Journey To Enlightenment, the Detox Special is packed with the finest green, yellow and orange juices, all of which are designed to furnish the system with optimum nutrition without putting a burden on the digestive system. This allows the system to detox naturally whilst giving the right nutrients and anti-oxidants to maximize the process of detoxification.

- 2 **apples** (Golden Delicious or Royal Gala)
- 1 **carrot** (organic if possible)
- 1 slice **lemon** with rind on (unwaxed where possible)
- 1/4 **yellow bell pepper**
- 1 inch slice **cucumber**
- 1/4 piece **celery**
- 1 inch **broccoli** stem
- 1 inch slice **raw beetroot**
- ice**

Before turning on the machine, place one whole apple in your whole fruit juicer and place all the other produce on top (you may need to chop up ingredients such as carrot to fit in), then finish off with the other apple. Turn juicer on and push through. The juice will look a bit cloudy due to the combination of beetroot and carrot, but never let aesthetics put you off – it tastes good! Place a couple of ice cubes in the blender, pour in the juice and blend until smooth. If you are in a rush you can simply add ice to the juice.

**How will it help me detox?** Celery helps to flush the body of excessive carbon dioxide and reduces acidity in the system. The beetroot is extremely good for cleaning the bloodstream and is excellent, along with lemon, for cleansing the liver and kidneys.



This book comes free with every Philips Alu & Avance juicer on [www.juicemaster.com](http://www.juicemaster.com).



# sweet carrot

'n' apple pie

## Freshly extracted carrot and apple juice with a pinch of cinnamon

Think of a slice of Momma's apple pie and you have an idea of what this extremely creamy juice tastes like. Carrot juice is surprisingly sweet and mixes extremely well with freshly extracted apple juice. Once you add just a little pinch of cinnamon, you turn a simple apple and carrot juice into a creamy, rich drink which tastes like pie!

1 **Carrot**

2 **Apples**

1 very small handful crushed **ice**

1 pinch powdered **Cinnamon**

Juice the apples and carrot. Pour into a glass with ice. Add a pinch of cinnamon. Savour in the mouth – tastes like apple and carrot pie.

**Juicy benefits** Carrots are the beta-carotene kings of the veg world and beta-carotene (pro-vitamin A) is regarded as the best cancer preventative in the world. Carrot juice also contains vitamins B, C, E and K as well as calcium, iron, magnesium, potassium and folic acid. Add the apple juice and you've added malic acid (which helps to remove impurities), pectin (a great source of soluble fibre), phosphorus and sulphur.





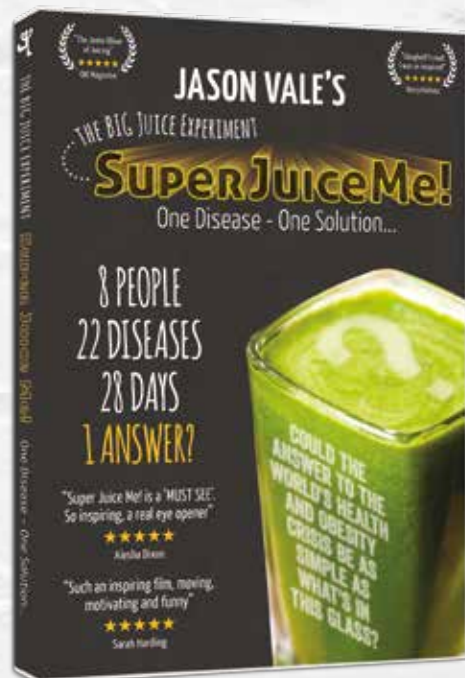
# SUPER JUICE ME!

## THE FILM

Jason Vale, the Juice Master, believes that no other subject has been more over-complicated than diet, nutrition and disease and that it's time for people to take back their health.

“My mission is to prove that the vast majority of pharmaceutical drugs are unnecessary and that fundamentally there is only one ‘true’ disease and therefore only one obvious solution” Jason Vale

At his Juicy Oasis retreat in Portugal, Jason will test his theory that chronic disease is caused by toxicity and nutritional deficiency, and that the best way to treat disease is simply with high quality nutrition.



## SUPER JUICE ME! 28-DAY JUICE PLAN



## APP - DVD - WALLPLANNER & SHOPPING LIST

**Super Juice Me!** is Jason Vale's latest and most comprehensive program to date and comes off the back of his ground-breaking documentary **Super Juice Me! One Disease - One Solution**. Over 15 years worth of research has gone into this life-changing **28-Day juice plan**. The 28-Day Juice Plan is available as a handy double DVD, iTunes and Android App and a programme wallplanner.

The **Super Juice Me! 28-Day Juice Plan** is designed for people who have large health or weight challenges, always check with your GP first before embarking on a plan of this nature. Before doing the Super Juice Me! Juice Plan it is highly recommended you watch the film first.

★★★★★ **Alesha Dixon** – Super Juice Me! is a 'MUST SEE'. So inspiring, a real eye opener.

★★★★★ **Andy Brown (Lawson)** – Just watched Super Juice Me! - incredible documentary - what an amazing and inspirational story. Absolutely blown away!'

★★★★★ **Shirley Bly** – A Fantastic film. My husband and I watched it yesterday. Sharing it with friends and family. It shows that we need to take responsibility for our own health and well being. I was also impressed that the people stuck it out. Very inspirational. I am going to watch it again. Thank you Jason Vale for making this film available for so many people to see, especially people who need to see it.

★★★★★ **Chantelle Harris** – Just finished watching Super Juice Me!, and WOW, just the kick up the butt that I needed to get my life back in order, after losing 77lbs over the last 9 months seem to have hit a brick wall these last few weeks, still juicing but also clean eating, would love to get my head back into the zone, this is what I needed and seeing a local on there was fab.

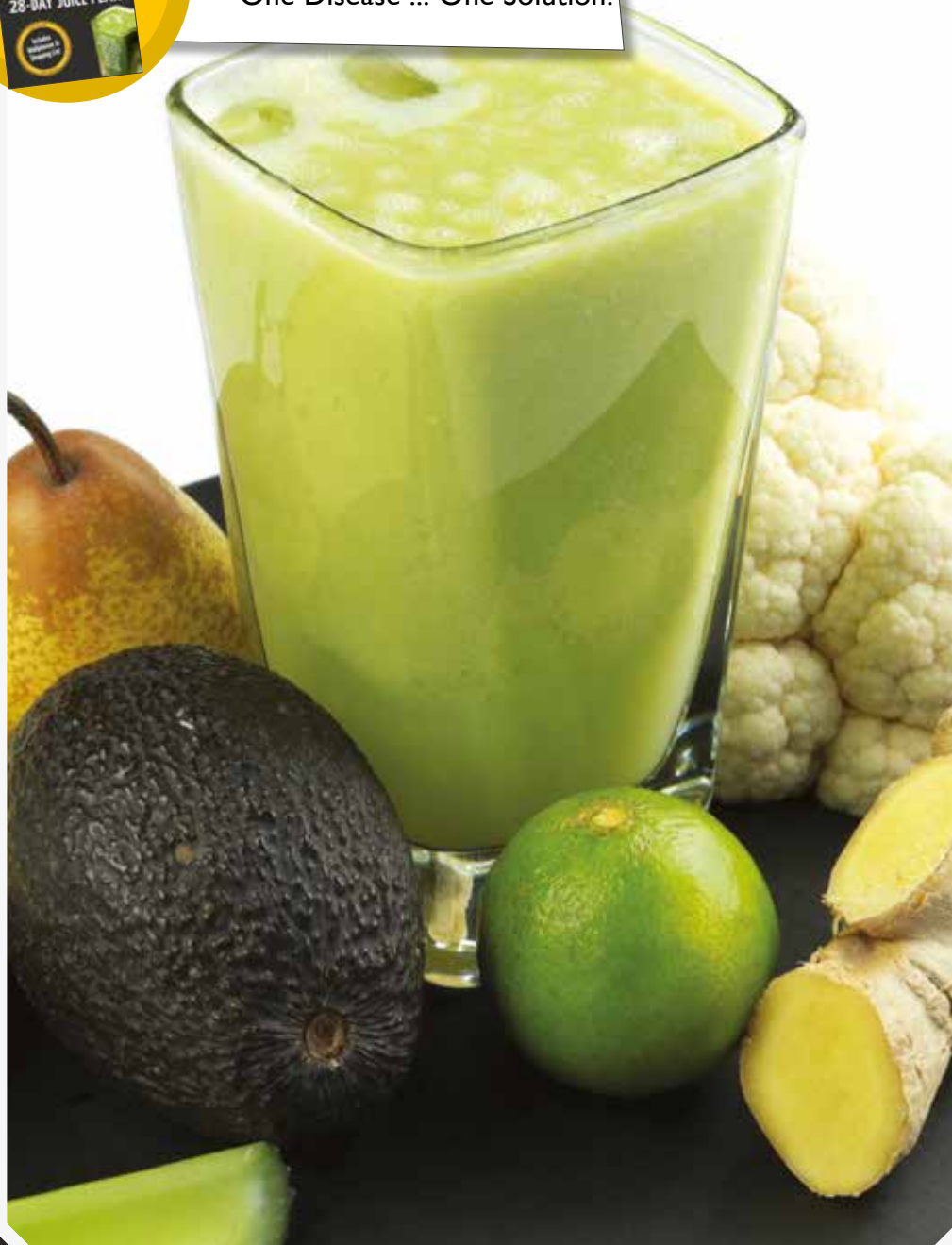


AWESOME! – “Loved how well planned out this app is! It is so easy to follow and the coaching videos are so amazing. Day 3 and it is already life changing for me! Thank you so much Jason!”





As seen in the groundbreaking documentary 'Super Juice Me!  
- One Disease ... One Solution.



## ANTI INFLAMMATORY GREEN BLEND

**Every single ingredient has been carefully designed to make this an anti inflammatory powerhouse.**

Eating refined carbohydrates, sugars and dairy etc tends to raise inflammatory markers for most people and most disease in the body is linked to/caused by inflammation. Cruciferous vegetables such as cauliflower contain a compound called sulforaphane that has been heavily studied due to its anti-inflammatory action in the body. Despite appearing acidic, pineapple is also a powerful anti inflammatory and has been widely used to help ease arthritic and other pains caused by inflammation.

- ¼ medium **Pineapple** (peeled)
- 1 **Pear** (any hard variety)
- 1 **Lime** (peeled)
- 1 inch slice **Ginger**
- ¼ medium **Cucumber**
- ½ stick **Celery**
- 1 floret **Cauliflower** (roughly the size of a lime)
- ½ medium **Avocado** (ripe)
- 3 Ice cubes

Juice the pineapple, pear, lime, ginger, cucumber, celery and cauliflower. Add the avocado flesh and ice to a blender, pour in the juice and blend until smooth.

**Super Juice It!** If you want to super boost your smoothie then add 1 teaspoon of 'Powergreens' or 'Supergreens'. These green blends are available from all good health stores including the course [juicemaster.com](http://juicemaster.com). They essentially contain a multitude of green leafy vegetation, digestive enzymes, friendly bacteria, amino acids and a host of vitamins, minerals and antioxidants.





The Brand New 'Super Juice Me! 28-Day Juice Plan' available now!



## ENERGY EXPLOSION

**Every single fruit and vegetable is bursting full of energy!**

Kale, broccoli and spinach supply a superb source of chlorophyll, which is molecularly the same as hemoglobin in the blood except for one central element (iron vs. magnesium). This extraordinary similarity means chlorophyll delivers a continuous energy transfusion into the bloodstream replenishing and increasing red blood cell count, resulting in an increased ability of the red blood cells to carry oxygen and therefore is an amazing blood cleanser, blood builder and energy supplier.

- ¼ medium **Pineapple** (peeled)
- 1 **Apple** (Golden Delicious or Gala)
- 2 medium **Carrots**
- 1 handful **Spinach**
- 1 handful **Kale**
- 3 cm **Broccoli** stem
- ¼ **Lemon** (rind on, wax free)
- 3 **Ice** cubes

Juice all the fruits and vegetables, then either pour the extracted juice into the blender with ice and blend or simply add ice to a glass and pour over.





# 5 lbs in 5 DAYS

## 5 Day Juice Programme Includes Free Wallplanner

Lose at least **5lbs in 5 days** with Jason Vale's newest, easiest and most effective juicing programme ever. Follow Jason's plan and you'll lose at least **5lbs in 5 days** (the average is actually 7lbs) and be recharged on both a physical and a mental level. This new book includes chapters to the most commonly asked questions, such as **'what about all the sugar'** and **'where is all the fibre'**. On top of this there is an overview on the **Low H.I Way Of Life** and Jason has combined the new, and much, much easier to execute juice program, with **SABT** (Super After Burn Training) Don't look it up, as it's a combination of two of the most effective calorie burning exercises out there. This SABT combined with the new juice programme provides incredible results - it's simple to start and straightforward to follow. Start juicing today!

★★★★★ **Natalie Seymour** – Hello ! Well, morning of Day 5 (of 5lbs in 5 days) and I've lost a whopping 7lbs and most importantly feel a millions times better in myself plus I finally seem to have a better attitude to food. Had a juice for breakfast this morning as I'm now used to it so why bother changing? I have just made the cherry tomato soup from Juice Yourself Slim for lunch... Thank you for all the videos this week (well, last week really) and the videos on the app too. Without all of that encouragement I'd have found it much harder. I'm going to stay juicing and souping so I can continue all this goodness going into me. Thanks so much, you're a gem and your enthusiasm is totally infectious :) x

★★★★★ **Janice Haddock Oldfield** – OMGoodness!!! 5lbs in 5 Days Juice Cleanse COMPLETE!!! I am so happy. I've lost 11 pounds....YES, 11 pounds!!! I feel awesome. My blood sugars are great, I'm sleeping better than in years, my joint aches are gone. I am so happy I found this program.

“OMGoodness!!! 5lbs in 5 Days Juice Cleanse COMPLETE!!! I am so happy. I've lost 11 pounds....YES, 11 pounds!!! I feel awesome. My blood sugars are great, I'm sleeping better than in years, my joint aches are gone. I am so happy I found this program.” – Janice Haddock Oldfield



## EBOOK - APP - WALLPLANNER

Brilliant app. Makes it really easy to follow without all the fuss other juicing books give you. Really detailed information but concise instructions. Also brilliant value for money with great links. Have never been so ready for a new juicing plan. – Anni-Ann



Having had a morbid fear of raw veg for most of my life I desperately needed a massive health kick, needed to drop a few pounds & get some nutrients into my body. Jason's juicy plan was actually really tasty & after dropping 9 pounds in 5 days I now incorporate a juice a day to get more than my 5 a day! Thanks Jason! Xxx Bronagh Waugh (Hollyoaks)



5lbs in 5 DAYS  
THE JUICE  
DETOX DIET  
WITH  
JASON VALE

This book comes free with  
the 5lbs in 5 Days Wallplanner  
on [www.juicemaster.com](http://www.juicemaster.com).



# Nature's Super Blend



**Freshly extracted mineral rich vegetables infused with a kick of lime.**

Delicate, ripe, creamy avocado combined with the refreshing juice of mineral rich vegetables, the delicious soft flavours of fresh velvety apple juice and then infused with a generous kick of zesty lime.

- 2 **Apples** (Golden delicious or any of your choice)
- 1 large handful **Spinach**
- ¼ of medium **Courgette** (Zucchini)
- 1 **Lime** (wax free and peeled)
- 2 medium Organic **Carrots**
- ¼ medium **Cucumber**
- 2 cm chunk **Broccoli** Stem
- ½ stalk **Celery**
- ¼ **Green Bell Pepper**
- 1/2 medium **Avocado**
- 1 small handful **Ice** Cubes

Juice all the ingredients except the avocado and ice. Pour the juice into a blender along with the avocado flesh and ice and blend until smooth.

**Juicy benefits** Contains vitamins A, most of the B vitamins including folic acid, vitamin C, vitamin E, vitamin K, potassium, sodium, zinc, phosphorus, magnesium, calcium, manganese and the list continues. This smoothie is good for every part of your body from your eyes, your heart and your liver, right through to your skin.





**5lbs in 5 DAYS**  
THE JUICE  
DETOX DIET  
WITH  
JASON VALE

Lose at least 5lbs in 5 days with Jason Vale's easiest and most effective juicing programme ever.



# Natural Energiser

**Creamy, sweet, and mellow pineapple juice is the perfect balance to the mineral rich juice from the cucumber, spinach, sugar snappeas and courgette.**

Not only is the juice creamy and delicious, but unlike artificial energy drinks (which ultimately rob your body of nutrients, cause stress to your vital organs and send you on a roller coaster of refined sugar energy highs and lows) this juice will energise you the natural way - say "high" to nature!

- 1/4 medium **Pineapple**
- 1x large handful **Spinach**
- 1/4 **Cucumber**
- 1/2 medium **Courgette**
- 1cm slice/ chunk **Fennel**
- 15 Sugar **Snap Peas** or **Beans**
- 1/2 **Lime** (with skin on)
- 1x small handful **ice**

It couldn't be easier! Juice all the ingredients and enjoy!

**Why Drink This Baby?** When you speak to people about their health, one of the main things most people crave more of is energy. Unfortunately most people "use" refined sugars and junkie food as a way of providing their energy boost and therefore running on nervous energy rather than genuine. This beautiful juice gives a natural lift whilst providing the body with key nutrients, such as vitamin C, B, K as well as iron, calcium and potassium.





# Juice Master on the Go!

GRAB A GUILT FREE SNACK

## 'VEGGIE' JUICE IN A BAR & 'BERRY BOOST' JUICE IN A BAR

Juice in a Bar is a revolutionary concept from Juice Master, combining the raw power of natural ingredients with a wide range of rich juices and vegetables that have been cleverly dried at low temperatures to preserve their nutritional value - this really is a Juice on the Go!

These 68g bars are large enough to fill you up for hours!

- No added preservatives
- No artificial colours
- No added sugars
- No artificial flavours
- Just pure yummy superfood on the go!

Juice in a Bar is designed to be eaten as a superior healthy snack or as an alternative way to consume the raw goodness and nutrition obtained from juicing, in times when juicing is simply not possible.



689

## 'LIME & COCONUT' & 'ORANGE & LEMON' SIMPLY NUDE SNACK BAR

This is a natural energy bar that we have developed with health and nutrition as our ultimate priorities.

As the name suggests this is a pure, natural health bar with no added nasties. We wanted to keep them as close to nature as possible and believe that if they were any more natural, you would have to physically pick them off the tree!

The bars are made from fruits, nuts and a dash of natural fruit oil, that's it and that's all.

### Our bars contain:

- No preservatives
- No artificial colours
- No chemically enhanced flavours
- No additives
- No stabilisers
- No artificial sweeteners
- No added sugars



NO CHEMICALLY ENHANCED FLAVOURS

459

# Juice Master Online

Visit [juicemaster.com](http://juicemaster.com) for the many benefits of juicing and all the information you need to get started. On the website you will find:

- News
- Recipe Videos
- Testimonials
- Juicy tips
- Juicy merchandise
- Free downloads
- Information about Natural Juice Therapy



[www.juicymountain.com](http://www.juicymountain.com)



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