



JASON VALE



Juice  
MASTER

# Recipe eBook

A selection of juices, smoothies, soups  
& healthy food recipes from Jason Vale



# The Detox Special

Taken from the 3-Day Juice Diet

This juice is packed with the finest green, yellow & orange juices, all of which are designed to furnish the system with optimum nutrition without putting a burden on the digestive system.

## Instructions

**Juice:** Place one whole apple in the juicer and then add all the other ingredients except the avocado, finishing off with the final apples and juice.

**Blend:** Place a couple of ice cubes in the blender along with the flesh from the avocado. Add the juice and blend until creamy and smooth.

## Ingredients

Apples (Golden Delicious) 3  
Carrot 1  
Lemon 2-3cm  
Yellow Bell Pepper ¼  
Cucumber 2-3cm  
Celery ¼ Stalk  
Broccoli 2-3cm  
Raw Beetroot 2-3cm  
Avocado 1  
Ice 1 small handful







# Minty Sunshine

Taken from the 5-Day Juice Diet

Take the juiciest oranges you can find and combine them with dense rich, dark carrots and a large handful of refreshing gorgeous mint - then finish off with a dash of freshly extracted ginger for a truly divine taste.

## Instructions

**Juice:** Peel the oranges, remembering to leave the white pith on as this is where the majority of the nutrients are to be found.

Juice the oranges, carrots, ginger and gorgeous mint. Pour over ice and enjoy!

## Ingredients

Oranges 2

Carrot 3

Raw Ginger 1-2cm

Fresh Mint 4 sprigs

Ice 1 small handful



# Turbo Express

Taken from the 7-Day Juice Diet

This baby is bursting at the seams with nutrition and its sooooo satisfying that is really will kick those “junk food gremlins” into touch.

## Instructions

**Juice:** Peel the lime, leaving the pith. Peel the pineapple.

Put one apple into the chute of the juicer. Tightly pack in the spinach, celery, cucumber and lime, and finish up with the other apple. Push through, then juice the pineapple.

**Blend:** Scoop the ripe avocado flesh into the blender, along with the Ice and extracted juice.

Give it a good whiz for 45 seconds or until smooth. Pour into a glass and enjoy!

## Ingredients

**Apples** 2 Golden Delicious Or Gala

**Spinach Leaves** 1 handful

**Celery** ½ Stalk

**Cucumber** 2-3cm

**Lime** ¼

**Pineapple** ⅓

**Avocado** ¼

**Ice** 1 small handful



3  
Juice

5  
Juice

7  
Juice

7  
Soup

28  
Juice

SBM

SFF

FRJB

5:2





Sweet potato and sublime coconut milk subtly enriched with the rich spice of the chilli! These two vegetables combined are excellent for helping to stabilize blood sugar levels.

## Instructions

**Prepare:** Peel the sweet potatoes and chop into small chunks.

Remove the seeds from the chilli. Chop the chilli and spring onion into thin slices.

**Heat:** In a large saucepan, heat the oil and add the sweet potatoes, chilli and onion.

Gently sweat the vegetables over a medium heat for 15 minutes, then add the coconut milk and simmer for a further 10 minutes.

**Blend & Serve:** Remove from the heat and, using a blender (hand or jug), blend the soup until smooth. Pour into a bowl, let it rest for a minute and then tuck in & enjoy!

## Ingredients

Sweet Potatoes 2 Medium  
Red Chilli 1 Small  
Spring Onion 1  
Vegetable Oil 1 Tbsp  
Half-Fat Coconut Milk 400ml



# Sweet Potato, Coconut & Chilli Soup

Taken from the 7-Day Soup 'n' Juice Diet



# Energy Explosion

Taken from the 28-Day Juice Diet

Your body is going to love this energy-riched glass of goodness, bring on the juicy high! Made with pineapple, which creates such sweet, smooth and creamy base, this really is a hard one to beat.

## Instructions

**Juice:** Juice all the fruits and vegetables.

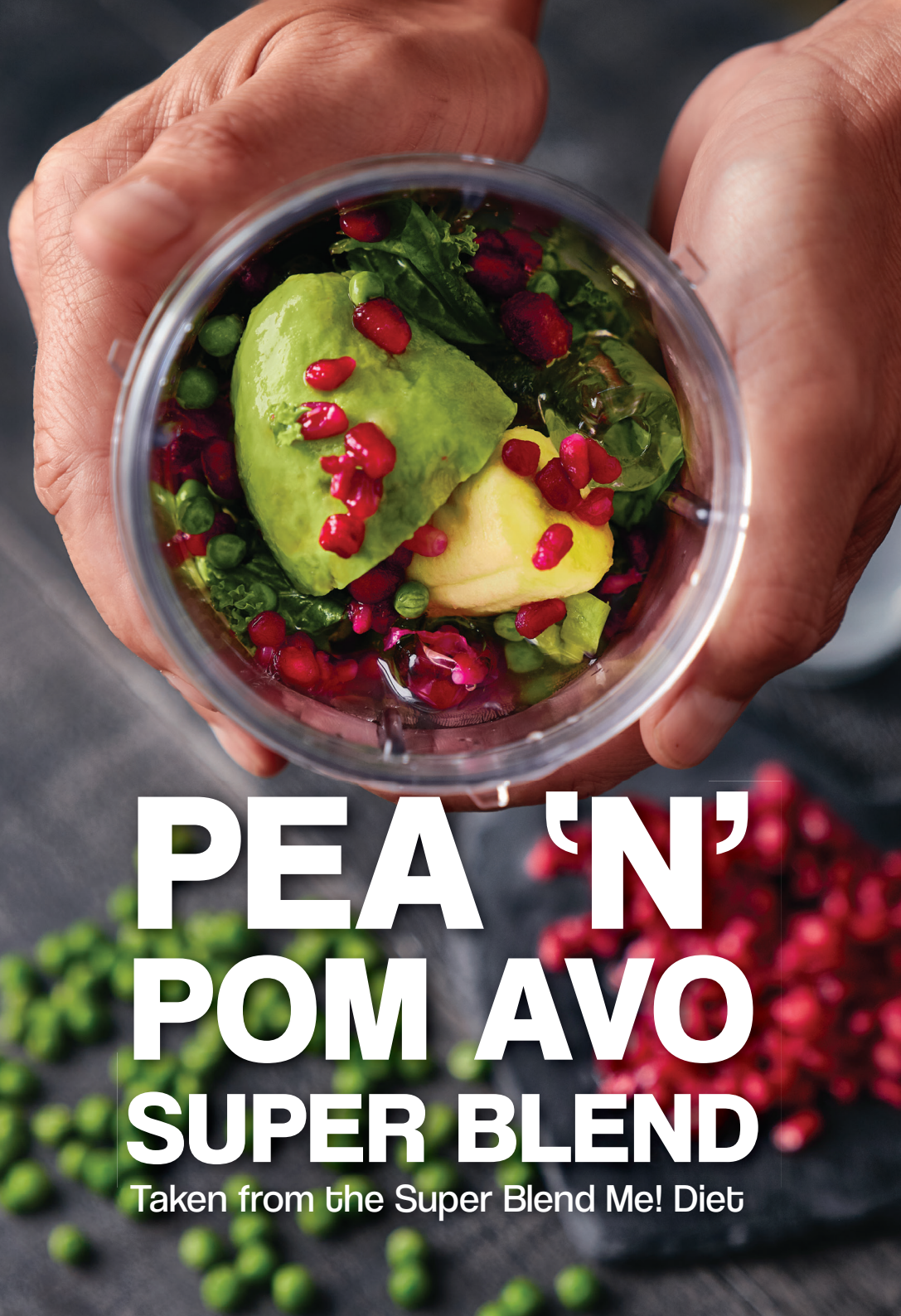
**Blend:** Pour the extracted juice into the blender with ice and blend or simply add Ice to a glass and pour over.

## Ingredients

**Pineapple** ¼ peeled  
**Apple** 1 Golden Delicious or Gala  
**Carrots** 2  
**Spinach Leaves** 1 handful  
**Kale** 1 handful  
**Broccoli** Stem 3cm  
**Lemon** ¼ unwaxed  
**Ice** 1 small handful







# PEA 'N' POM AVO SUPER BLEND

Taken from the Super Blend Me! Diet

The Pea 'n' Pom Avo Blend is a delicious new smoothie recipe from Jason's newest book *Super Blend Me!* You won't believe something so healthy can taste so good!

## Instructions

**Blend:** Add Ice to your blender. Scoop in the flesh of the avocado, followed by all other ingredients.

Blend for 15-30 seconds.

## Ingredients

**Avocado** ¼ ripe  
**Banana** ½ ripe  
**Spinach** 1 small handful  
**Kale** 1 small handful  
**Peas** 1 Tbsp  
**Pomegranate Seeds** 1 Tbsp  
**Mint Leaves** 1 small handful  
**Coconut Water** 250ml  
**Ice** 1 small handful  
**SBM! Green Blend Powder**  
1 tsp (optional)







# Chilli-Bean Chilli

Taken from the Super Fast Food Diet

This chilli is hot, healthy and hearty. The beans themselves are so filling and ‘meaty’ that even an avid meat eater might not notice the absence of the meat.

## Instructions

**Prepare:** Peel and dice the onion and garlic. Finely chop the tomatoes. Core and finely chop the pepper. Slice the chilli (keep the seeds). Drain and rinse the beans.

**Boil:** Boil the rice in a pan, and cover with the lid. Simmer for 20–25 minutes until the water has evaporated.

**Meanwhile:** Heat the oil in a large pan. Cook the onion and garlic for 5 minutes until they soften. Add all other ingredients except the honey, reduce to a medium heat and simmer for 20 minutes. Add the honey, then with a stick blender, pulse for just 5–6 seconds, so it’s still chunky. If you don’t have a stick blender, blend 4 tablespoons separately and then mix-in well.

**Serve:** Place a generous scoop of rice on your plate and pile the veggie chilli on top.

## Ingredients

Red Onion ½ Medium  
Garlic 2 Cloves  
Tomatoes 4  
Red Pepper ½ Medium  
Red Chilli 1 Medium  
Kidney Beans 240g  
Basmati Rice 150g  
Boiling Water 450ml  
Olive Oil 1 Tbsp  
Apple Cider Vinegar 1 Tbsp  
Ground Cumin 1 Pinch  
Cayenne Pepper 1 Pinch  
Dijon Mustard 1 Heaped Tsp  
Honey 2 Teaspoons



3  
Juice

5  
Juice

7  
Juice

7  
Soup

28  
Juice

SBM

SFF

FRJB

5:2





Blueberries tumbling and spashing into unadulterated creamy almond milk, combined with vanilla beans straight from the pod and topped off with thick creamy bio-live yogurt - Indulgent? You bet!

## Instructions

**Blend:** Slice the vanilla pod and scrape the seeds directly into the blender.

Add the blueberries, almond milk, yogurt and ice, and mix it up until smooth and creamy.

**Best Served:** When you are feeling rather pleased with yourself for finishing a piece of work on time; or getting that promotion; or finally plucking up the courage to ask that cute guy/girl out on a date. Sit back, savour this diving smoothie and reflect on your glorious achievement!

## Ingredients

**Vanilla** 1 pod (just the seeds)

**Blueberries** 1 large handful

**Raw Almond Milk** 250ml

**Natural Yogurt** 2 Tbsp

**Ice** 1 small handful



# Vanilla, Blueberry & Almond Indulgence

Taken from the Funky Fresh Juice Book





# Viva La Veggie

Taken from the 5:2 Juice Diet

Sweet meets savory in this nutritionally-fuelled veggie deluxe meal in a glass. This juice is also an excellent immune booster; rich in vitamin A it helps to maintain healthy vibrant skin, strong bones and bright eyes.

## Instructions

**Juice:** Juice the ingredients by placing the spinach, kale, beetroot and broccoli between the two apples - this will guarantee maximum extraction from those ingredients.

Juice the rest of the ingredients in any order you see fit. If you have a slow/masticating juicer, you won't need to have any special order of juicing as that type of juicer is designed for green.

Pour over Ice and enjoy!

## Ingredients

**Apple** 2 Golden Delicious or Gala  
**Carrot** 1  
**Celery** 1 stalk  
**Spinach Leaves** 1 handful  
**Kale** 1 handful  
**Cucumber** ¼  
**Broccoli Stem** 2-3cm or 3 florets  
**Beetroot** 1 raw  
**Courgette** ¼  
**Ice** 1 small handful





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