

7lbs In 7 Days The Juice Master Diet

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

THE INSTANT NATIONAL BESTSELLER • Brittany Williams lost more than 125 pounds using her Instant Pot® and making all her meals from scratch. Now she shares 125 quick, easy, and tasty whole food recipes that can help you reach your weight loss goals, too! Brittany Williams had struggled with her weight all her life. She grew up eating the standard American staples—fast, frozen, fried, and processed—and hit a peak weight of 260 pounds. When her 4-year-old daughter’s autoimmune disease was alleviated by a low-sugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under thirty minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker that you’ll find, Instant Loss Cookbook makes healthy eating convenient—and that’s the key to sustainable weight loss. Easy, customizable plans (2-day, 7-day, and longer) to rid your diet of the acidic foods (sugar, dairy, gluten, excess animal proteins, processed foods) that cause inflammation and wreak havoc on your health. Let’s talk about the four-letter word that’s secretly destroying your health: ACID. An acidic lifestyle -- consuming foods such as sugar, grains, dairy, excess animal proteins, processed food, artificial sweeteners, along with lack of exercise and proper hydration, and stress -- causes inflammation. And inflammation is the culprit behind many of our current ailments, from weight gain to chronic disease. But there’s good news: health visionary Dr. Daryl Gioffre shares his revolutionary plan to rid your diet of highly acidic foods, alkalize your body and balance your pH. With the Get Off Your Acid plan, you’ll: Gain more energy Strengthen your immune system Diminish pain and reflux Improve digestion, focus, and sleep Lose excess weight and bloating, naturally With alkaline recipes for easy, delicious snacks and meals, Get Off Your Acid is a powerful guide to transform your health and energy -- in seven days.

Beverly Hills nutritionist Haylie Pomroy has a long list of loyal celebrity clients - including Jennifer Lopez, Rachel Welch and Reese Witherspoon. With this book she reveals her red carpet secrets - and promises you can lose up to 20lbs in 28 days. On this plan you're going to eat a lot - and still lose weight. You're not going to count a single calorie or fat gram. Instead, you're going to rotate what you're eating throughout each week in proven plan designed to set your metabolism on fire. Phase I (Monday-Tuesday): Lots of carbs and fruits Phase II (Wednesday-Thursday): Lots of proteins and veggies Phase III (Friday-Sunday): All of the above, plus healthy fats and oils By keeping your metabolism guessing, you'll get it working faster. You'll see the weight fall off, your cholesterol drop, your blood sugar stabilize, your energy increase, your sleep improve, and your stress dramatically reduce. All thanks to the miraculous power of real, delicious, satisfying food! Complete with 4 weeks of meal plans and over 50 recipes - including vegetarian, organic, and gluten-free options - this is the silver bullet for anyone who wants to naturally and safely eat their way to a slimmer, healthier body.

Super Blend Me!

Miracle Juice Diet

Unprocess Your Diet with Super Easy RecipesÑLose Up to 5-7 Pounds the First Week!

The Soup Maker Recipe Book: How I Lost 7 Pounds In 7 Days With My Soup Maker Recipes

Lose Weight by Eating

Bright Line Eating

7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy

There is no such thing as an alcoholic and there is no such disease as alcoholism! (as society understands it). Whether you agree with this statement or not, one thing is for sure, you will never see alcohol in the same light ever again after reading this book. Jason Vale takes an honest and hard hitting look at people’s conceptions of our most widely consumed drug. Jason’s major argument is there is no such thing as an ‘alcoholic’ and that we are conditioned to accept alcohol as a ‘normal’ substance in today’s society despite the fact that it is the major cause of many of today’s social problems and a wide range of health issues. This book is much more than a simple eye opener, it will: change the way you see alcohol forever; show you how to stop drinking; help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol. So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world!

It is time to wake up and make your weight loss goal a reality. And I assure you that you can. The recipes in this book will help you stick to your eating plan and shed those unwanted pounds for good. Let me remind you once again, if you’ve vowed to lose weight this year, chances are you’re off to a good start with losing 7LBS in 7 Days of healthy eating. "Wish I knew a way to turn my weight lose vision into reality" You might have asked this question repeatedly. Your problem will come to a halt after you have applied the instruction in this book. If you followed religiously to Dr. Phil McGraw: The 20/20 Diet and some of the super food recipes outlined in this book. You are going to be seeing results in 7 days, because it proven to work. WEIGHT WATCHER: Lose up to 7LBS in 7Days Diet Plan for a Simple Start: Delicious and Easy-to-Make Recipes to Help You Lose Fat, Reclaim Energy and Live Healthy IS a collection of mouth-watering recipes that are low in calories, cholesterol, carb, sugar free and will turn your weight lose vision into reality. However, if you are dead broke, crazy busy, or totally unmotivated. You shouldn't panic because this book will get you on track. Here are a few of the delicious super foods: Creamy Apple Bacon Chicken Big Daddy's Carolina Style Barbecue Sauce Creamy Southwest Chicken Deep Dish Low-Carb Pizza Korean Beef Jack Daniel's Rib Glaze Thai-Style Chicken Salad Recipe Rainbow Soup Sugar-Free Haystacks Chicken Marsala Crockpot Hungarian Goulash And much more

THE OFFICIAL RECIPE BOOK TO BESTSELLING ORIGINAL THE SIRTFOOD DIET. Over 100 more delicious SIRTFOOD recipes to help you lose up to 7lbs in 7 days and stay lean and healthy for life! The weight loss phenomenon 'Times 'The plan that will change the way you do healthy eating' Red Jumpstart your way to better health with over 100 tried-and-tested recipes from the bestselling authors of The Sirtfood Diet. This easy-to-use recipe book combines the latest nutritional advice with an essential meal plan to help you lose weight and feel great. Revolutionising the way we eat, through their scientifically researched plan for health and weight loss, nutritional medicine experts Aidan Goggins and Glen Matten show how these sirtuin-activating recipes will switch on our body's fat-burning powers to supercharge weight loss, improve energy levels, and promote amazing health. These recipes are brimming with flavour and include the official top 20 Sirtfoods, such as kale, parsley, strawberries, buckwheat, walnuts, turmeric, dark chocolate, and even coffee! With a flexible meal plan adjustable to your routine, budget and diet, and containing nutritional advice and tips throughout, this is the essential recipe book to make sure every meal you cook is SIRTified. Pioneers of the 'modern day medicine movement', advocating the need to complement medical intervention with nutrition and lifestyle changes, Aidan Goggins and Glen Matten both hold Master's Degrees in Nutritional Medicine and are recognized authorities on nutrition and health. Recipes created with the help of Chef Mark McCulloch, a professional chef for 25 years who is passionate about creating healthy food without compromising on flavour. 'The diet for people who actually like to cook and eat.... it's like having your own personal nutritionist!' Times 'I'm eating like a king these days thanks to the Sirtfood Diet' Conor McGregor, UFC World Champion 'A non-faddy diet that offers incredible health benefits and weight loss. I'm a huge fan!' Lorraine Pascale, BBC TV chef and food writer 'A revelation to my diet, introducing Sirtfoods has allowed me to attain a body composition and wellbeing previously unimaginable' David Haye, Heavyweight Champion Boxer www.aidangoggins.com @Aidan_Goggins www.glenmatten.com @glenmatten

All you need to lose weight, slim down and get healthy after the Christmas party season, and beyond, from million-copy bestselling author and king of juicing Jason Vale.

Juice and Blend

The Funky Fresh Juice Book

5LBs in 5 Days: The Juice Detox Diet

Lose Up to 20 Pounds in 28 Days - Eat More Food and Lose More Weight

The Juice Detox Diet 3-Book Collection

Super Juice Me!

The VIP Sirtfood Diet

Lose weight by eating guilt-free, low-calorie, unprocessed versions of all your favorite foods, with this helpful, accessible diet and cookbook—featuring more than 130 clean eating recipes and gorgeous full-color photos—from the popular weight loss blogger who lost 150 pounds in eleven months. At 275 pounds, Audrey Johns was unhealthy and unhappy—until the day she vowed to give up the “fake food” and taught herself to cook her favorites from scratch. Within eleven months, Audrey mastered the kitchen, began to take better care of herself, and lost more than 150 pounds—over half her body weight. Now, Audrey shares her story, insights, and clean eating recipes to help you slim down. Lose Weight by Eating includes more than 130 mouthwatering recipes for family favorites, including pasta, scones, fried chicken, nachos, meatloaf, and cookies—all bursting with flavor and fewer than 500 calories per serving. Most recipes use simple and inexpensive smart swaps and are full of hidden vegetables that keep you feeling fuller longer, and all are picky-kid-friendly and husband-approved. Imagine losing eight to sixteen pounds the first week and fifteen to twenty-five pounds a month eating skinny pizzas with only 125 calories per slice or 150-calorie cheesecake bars! Lose Weight by Eating lets you enjoy these delights and more, such as “Jelly Doughnut” French Toast, California Club Pizza, Whole Roasted Chicken with Potatoes and Onions, Veggie Packed Lasagna, Cheddar Stuffed Turkey Burgers, Chocolate Peanut Butter Dip with Fruit, and Skinny Cheesecake with Raspberry Drizzle. Audrey also provides a handy six-week meal plan and weight loss tips to keep you motivated. Lose Weight by Eating is all about making the naughty nice. Giving your favorite foods a delicious, healthy makeover, you can eat what you love every day—and still shed those unwanted pounds.

Now in tradepaper, New York Times bestseller breaks open the obesity mystery for using your brain as the key to weight loss. Bright Line Eating has helped thousands of people from over 75 countries lose their excess weight and keep it off. In this New York Times bestseller, available for the first time in paperback, Susan Peirce Thompson, Ph.D., shares the groundbreaking weight-loss solution based on her highly acclaimed Bright Line Eating Boot Camps. Rooted in cutting-edge neuroscience, psychology, and biology, Bright Line Eating explains how the brain blocks weight loss, causing people who are desperate to lose weight to fail again and again. Bright Line Eating (BLE) is a simple approach to reversing our innate blocks through four clear, unambiguous boundaries called "Bright Lines." You will learn: • The science of how the brain blocks weight loss, • How to bridge the willpower gap through making your boundaries automatic, • How to get started and the tools you can use to make the change last, and • A realistic lifestyle road map for staying on course. BLE enables you to shed pounds, release cravings, and stop sabotaging your weight loss by working from the bottom line that willpower cannot be relied on. By allowing you to focus on your specific cravings, BLE creates the path for your own personalized journey toward success.

Social media sensation, fitness trainer, and sports nutritionist Natalie Jill offers her popular 7 day jump start program for weight loss, with recipes and tips

A practical 14 day diet plan with 30 raw energy recipes from leading health coach and seminar leader, Jason Vale - aka The Juice Master. A motivational read with a practical plan that will inspire you to fuel your body with the right stuff!

Juice Master Diet

7-Day Juice Challenge

7-Day Reset

Discover the Power of Raw Juice

And be Slim and Healthy for the Rest of Your Life

Natalie Jill's 7-Day Jump Start

The Fast Metabolism Diet

*7lbs In 7 Days Super Juice Diet Cookbook Get your copy of the best and most unique recipes from Jennifer Buckland ! Do you want an ideal way to preserve your food?Do you want to lose weight? Are you starting to notice any health problems?Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? Do you want to learn new recipes that will leave your family hungry for more? If these questions ring bells with you, keep reading to find out, Healthy Weekly Meal Prep Recipes can be the best answer for you, and how it can help you gain many more health benefits!
Purchase The Print Edition & Receive A Digital Copy FREE Via Kindle Matchbook
In this book: This book walks you through an effective and complete anti-inflammatory diet-no prior knowledge required. Learn how to shop for the right ingredients, plan your meals, batch-prep ahead of time, and even use your leftovers for other recipes. In addition, 2 weeks of meals-a 14-day schedule of meals, including step-by-step recipes and shopping lists for each, with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections below. Again remember these recipes are unique so be ready to try some new things. Also remember that the style of cooking used in this cookbook is effortless. I really hope that each book in the series will be always your best friend in your little kitchen. Well, what are you waiting for? Scroll to the top of this page and click the Add to Cart button to get your copy now! Learn the small-town diet secret that is sweeping the nation: add three apples a day to your diet and the weight will drop off! In the little town of Wenatchee, Washington, Tammi Flynn, nutrition director at the local Gold’s Gym, discovered a secret: when one of her clients, who had been stuck on a diet plateau, ate an apple before every meal and didn’t change anything else, she lost one and a half pounds of fat in just one week. Flynn tried it out with her other clients and saw wild results. Three hundred forty-six people lost more than 6,000 pounds in twelve weeks. That’s seventeen pounds per person! The 3-Apple-a-Day Plan is a breakthrough weight loss program based on eating well from now on, and not feeling deprived. By combining balanced meals with exercise—and adding the fat-loss accelerator of three apples a day—the plan allows your body to maintain valuable muscle tissue (the key to metabolism) while shedding unwanted layers of fat. It is your foundation for permanent fat loss. The 3-Apple-a-Day Plan is easy to read, easy to understand, and most important, easy to customize and incorporate into your lifestyle. Today, more than 150,000 people have lost weight with Tammi’s plan—and so can you! You will discover: -How to plan and prepare quick meals from over 100 delicious recipes -How to increase your metabolism to achieve permanent fat loss -The different between overfat and overweight -How and why apples are used as a fat loss supplement -Why men lose weight faster than women -Why the scale may sabotage your efforts to lose weight -Personal success stories and photos of people who have struggled with weight loss and won Want to lose weight? What to know what to make in your soup maker? Want to know how many calories are in soup? Want to eat healthy and make some soup? Then it is ALL covered in "The Soup Maker Recipe Book: How I Lost 7 Pounds In 7 Days With My Soup Maker Recipes". This ebook is full to bursting with factual information (all recipes and diets have been personally tested by the author) and is fantastic if you want to lose weight or just enjoy soup. It includes: Chapter 1 - The introductionChapter 2 - Lose up to 5 pounds in 7 days with soup replacement mealsChapter 3 - Lose 7 pounds in 7 days with just soupChapter 4 - The soups There are 10 soup recipes that I personally follow, some of which are family favourites that I will cook for years to come and many you taste them and you can't believe they are actually healthy! We also cover two different soup diets, depending on how easy or strict you would like your soup maker diet to be. The soup maker recipe book is your ultimate resource for using with your soup machine and can save time on trying to find good recipes yourself!*

THE NEW YORK TIMES BESTSELLER FROM THE AUTHOR OF THE GREENPRINT AND CREATOR OF 22 DAYS NUTRITION—WITH A FOREWORD BY BEYONCÉ. A groundbreaking plant based, vegan program designed to transform your mental, emotional, and physical health in just 22 days—includes an Introduction by Dr. Dean Ornish. Founded on the principle that it takes 21 days to make or break a habit, The 22-Day Revolution is a plant based diet designed to create lifelong habits that will empower you to live a healthier lifestyle, to lose weight, or to reverse serious health concerns. The benefits of a vegan diet cannot be overstated, as it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes. As one of today’s most sought-after health experts, exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies through his innovative methods. Celebrities from Beyoncé, Jay-Z, Jennifer Lopez, and Pharrell Williams, to Gloria Estefan and Shakira have all turned to him for his expertise. Beyoncé is such an avid supporter that she’s partnered with Borges to launch 22 Days Nutrition, his plant-based home delivery meal service. Now, for the first time, Borges unveils his coveted and revolutionary manifesto, featuring the comprehensive fundamentals of starting a plant-based diet. Inside, you’ll find motivating strategies, benefits and tips for staying the course, delicious recipes, and a detailed 22-day meal plan. With this program, you will lead a healthier, more energetic, and more productive life—helping you to live the life you want, not just the one you have.

Kick the Drink...Easily!

The 17 Day Diet

7lbs In 7 Days Super Juice Diet Cookbook

7 Lbs in 7 Days

The Sirtfood Diet Recipe Book

The Science of Living Happy, Thin and Free

Juice It to Lose It

Describes the health benefits of consuming raw, juiced fruits and vegetables, including the addition of valuable nutrients and micronutrients to one’s diet, increased energy, weight control, reduced bodily stress, and healthy skin, hair, and more, and provides sixty-five tasty, easy-to-prepare, and healthful recipes. Original.

Dr Mike Moreno's 17 Day Dietis a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

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 you maintain your health and- the big one- keep you slim for life.

Miracle Juices contains over 40 nutritious juices recommended to combat specific ailments such as asthma and high blood pressure. Quick and easy to prepare, each juice is guaranteed to boost health and vitality. With nutritional analysis for every recipe, detailing the vitamin, mineral and calorie content of your chosen beverage, you can be sure that each miracle juice is helping to maintain a balanced and healthy diet.

Lose 3kg (7lbs) in Just 7 Days!

7lbs in 7 Days Super Juice Diet

Juice Master Keeping It Simple: Over 100 Delicious Juices and Smoothies

Over 100 Delicious Recipes to Help You Lose 7lbs in 7 Days - and Stay Lean for Life

The Recipes and Meal Plans I Used to Lose over 100 Pounds Pressure Cooker, and More

Super Lean Super Healthy Super Fast

The Juice Master: Turbo-charge Your Life in 14 Days

Do you want to lose weight in a healthy way? You have tried all the diets that you heard about? Keep reading to find out the benefits of this diet plan and how does it really work! Trendy new diets seem to pop up regularly, and the Sirtfood Diet is one of the latest. It has become a favorite of celebrities in Europe and is famous for allowing red wine and chocolate. Its creators insist that it’s not a fad, but rather that

"sirtfoods" are the secret to unlocking fat loss and preventing disease. This plan can help you burn fat and boost your energy, priming your body for long-term weight-loss success and a longer, healthier, disease-free life. All that while drinking red wine. Sounds like pretty much the perfect diet, right? Here it is what you will find inside: What are sirtfoods Which are the ingredients to apply this diet How to follow a diet plan Which are the benefits of losing weight with the sirtfood diet ..and much more! Sirtfoods should be accompanied with protein for a meal. The authors recommend oily fish and advise in their book to Moderate dairy consumption is perfectly fine. Don't lose time anymore! Scroll the page and press the buy button to start as soon as possible!

Offers a diet and exercise plan using juicing to help lose weight.

Break free from your chocolate addiction with Jason Vale's irreverent, zany and original new book. Jason, aka The JuiceMaster, reveals the dangers of chocolate's ingredients (sugar, dairy and additives), the marketing industry's ploys to keep us all hooked and our emotional attachment to the sweet stuff- and shows you how to kick the habit.

Whether you want to fit into a special outfit, look good on the beach or kickstart a long-term weight-loss plan, one week with The Juice Diet is all you need to lose 3 kg (7 lbs). With 42 simple recipes for delicious, be-good-to-yourself juices, this healthy, fast-track diet will cleanse your system so that you lose weight and rid your body of toxins. Including all you need to know about why the diet works plus motivational tips, ideas for daily treats and gentle exercise routines, get ready to juice and lose with The Juice Diet!

Perfectly Portioned Recipes for Living and Eating Well with Lasting Weight Loss

Low Carb Diet for Weight Loss

The Sirt Diet Recipes, Meal Plan, and Cookbook for Losing 7lbs in 7 Days
THE ORIGINAL OFFICIAL SIRTFOOD DIET RECIPE BOOK TO HELP YOU LOSE 7LBS IN 7 DAYS
Get Off Your Acid
Sirtfood Diet Plan

Jason Vale, the world's number one name in juicing, is back with his first ever protein-based blending plan. It's Jason's quickest and easiest programme to date, and has been specifically developed for people who want to get super lean, super healthy and super fast ... but don't want to clean a juicer! Super Blend Me! has been designed with everyone in mind. It doesn't matter if you have an enormous amount of weight to lose, or just want to get a little healthier and shredded - Super Blend Me! is the perfect plan for all. Due to its rich, plant-based high-protein recipes, it has also been designed with physical exercise in mind. So whether you're an athlete or just someone who likes to exercise daily, you can run or lift to your heart's content on this programme. Super Blend Me! has also been designed with satisfaction, speed and convenience at its forefront. Jason has ensured that each recipe not only tastes amazing and fully satisfies on the hunger front, but is also super fast to make and its ingredients easy to get hold of! All of the ingredients can be conveniently found in any major supermarket and are all recognisable, so there's no need to forage for "designer" berries that can only be found in an Amazonian rainforest! You can choose from either a 7-, 10-, 14- or full 21-day Super Blend Me! Challenge depending on your goals, and Jason has even included a handy working journal as part of the book, so you can log your progress and keep on track. This unique and exciting plan has already been put to the test by a trial group of over 50 people, and the results were incredible.

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 and 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 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. This book includes a special 'Celebrity Juice' section, with juice and smoothie concoctions from Katie Price, Beverley Knight and other 'celebrity juicers'.

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. This highly motivational and hard-hitting programme for effective, speedy weight loss has made health headlines around the world. Now updated with sizzling new content and a new cover, 'The Juice Master Diet' can help you look sensational in that little black dress or give you a beach-perfect body in no time. With this simple diet and exercise programme combined with Jason's 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 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!

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 Virgin Diet

The Juice Master Juice Yourself Slim: The Healthy Way To Lose Weight Without Dieting

The Juice Master's Ultimate Fast Food

Lose 7 Lbs in 7 Days. The Nutrition Guide with An Exclusive Meal Plan to Lose Weight Fast, Burn Fat and Prevent Cancer. Discover The Power of Superfoods and Change Your Life

Instant Loss Cookbook

The 3-Apple-a-Day Plan

28 Day Juice Plan

The Ultimate Low Carb Diet Plan for Weight Loss! Lose up to 7lbs in 7 days. Whether you are wanting to lose weight and tone up quickly for a big event...or your wanting to jumpstart a new low carb diet lifestyle, this plan is for you! As a nutritionist and weight loss coach I have come to find that low carb just works better for so many people. You can get quick, lasting results that have that have serious health & anti-aging benefits when done right! But you can really mess it up if you do it wrong. Do it wrong and you can gain all your weight back and damage your health. So I have a whole section dedicated to helping you avoid the pitfalls...so you can get the results you deserve! Inside this book you will learn: Learn exactly what a low carb diet is The health benefits of a low carb diet Anti-aging benefits of a low carb diet How to get started a low carb diet Low carb diet meal plans Easy low carb recipes for every meal Maintaining a low carb diet Eating out on a low carb diet How to avoid common mistakes And much, much more... If your starting a low carb diet you can increase your results 10 fold by doing it the right way! Read my new book "Low Carb Diet for Weight Loss" today...you'll be glad you did!

The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic.

Jump-Start Your Life in Just Five Days! Juice It to Lose It is the all-new, easy juice diet from The New York Times best-selling author and creator of the documentary Fat, Sick & Nearly Dead. Joe Cross has done all the hard work already--all you have to do is commit to five short days! In that time, this simple, foolproof plan--complete with recipes--will jump-start a change in your life, health, and waistline. Our bodies are built to feel and look energized, vibrant, happy, and healthy. But if we eat too many processed foods, we begin to feel and look sluggish. When that happens, our bodies are often slow to reset themselves the way they should. Joe's juice kick-start will help you get back to the way you're supposed to feel by knocking out all the junk that's clogging your system. The shopping lists, meal plans, and encouragement from Joe in Juice It to Lose It will make it simple and fun for you to fill up on the nutrient-dense, sunlight-nourished foods that will help restore your body's balance. Whether you're a long-time follower of Joe's juicing diets or looking for a brand new way to turn your health around, Juice It to Lose It is here to help with a fresh look at juicing. Give it five days, and you will see and feel the power of juicing!

?? 55% OFF for Bookstores! Retail Price Discounted for a Few More Days! If You are Looking for a Complete Guide for lose weight with taste and without giving up or get rid of obesity Then Your Customers Never Stop to Use This Awesome Book! Obesity is slowly becoming one of the most serious issues that occurred in Western societies. It is usually favored by lack of activity, even stress of lockdowns for Virus, but we can all agree that the food we eat is making us quickly gain weight. Perhaps you are struggling to lose some weight. Perhaps you have an active lifestyle with frequent visits to the gym but still not having the results you expect. In most cases, nutrition is to blame because we stuff ourselves with plenty of high-calorie and low-nutrient foods. Everything was a lot more natural back then, and you didn't have to eat massive amounts to get satisfied. This is the sad truth! In this complete guide you can learn: ? What is Sirtfood Diet? ? What is the Skinny Gene? ? How to Follow the Sirtfood diet ? The phases of the Sirtfood diet in your body ? 35 Quick and Easy Recipes for: Breakfast, Lunch, Dinner and Snacks ? How to Calculate Your RDA ? 7 Days Meal Plan to Activate Sirtuins and Kickstart Fat Burning ? 28 Days Program With Deciously Recipes ? How Superfoods Prevent Cancer and many more... This book is suggesting a slightly different approach, the food diet. You may be very reluctant about this diet since you are too skeptical about diets in general. It is not magic or a scam; this diet really works. Don't believe me? Well, are you wondering how Adele lost so many pounds lately? By trying this diet! Even if you have never done a diet before, even if you have tried thousands of useful diet programs without success, even if you haven't tried a diet based on activate Sirtuins in your life, this bestseller book will guide you reaching the fit body you want, through 7-days meal plan and a 4 week guide to Kick-start Fat Burning Today ! So what are you waiting for? Buy it NOW and Let Your Customers Get Addicted to This Amazing Book!

The Sirtfood Diet

The Juice Diet

130 Amazing Clean-Eating Makeovers for Guilt-Free Comfort Food

The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life

Lose 7 Lbs in 7 Days

Drop 7 Foods, Lose 7 Pounds, Just 7 Days

Weight Watchers: Lose Up to 7LBS in 7Days Diet Plan for a Simple Start

5LBs in 5 Days: The Juice Detox DietHarper Collins

Off the back of his groundbreaking and critically acclaimed film, Super Juice Me! The Big Juice Experiment, comes Jason Vale's most comprehensive juice programme to date.

Taking inspiration from his two decades of experience in this field, Jason has picked his very best plant-based macro-nutrient blends (fat, protein, carbohydrates) and micro-nutrient juices (vitamins, minerals and phytonutrients) and combined them into one revolutionary 7-day plan. So now you can enjoy the 'best of both' - juices and blends - while still achieving incredible health and weight-loss results. The book also contains Jason's usual pinch of coaching inspiration, helping to ensure that you breeze through the plan. There are also plenty of bonus juice, blend and even mouth-watering food recipes for after you have completed the 7-day reset.

ARE YOU WORRIED ABOUT YOUR WEIGHT AND WANT TO LOSE 7LBS IN 7 DAYS?Sirtfood diet is here to activate your skinny gene to lose weight as fast as possible while still maintaining your health and general well-being. Sirtfood are foods that activate the proteins known as sirtuins which activates the body metabolism which stimulates fat burning process in your body.Sirtfood diet is achieved by simply including sirt foods in your diet. These foods work by activating thinness gene (that's sirtuins). Sirtuins, SIRT for short, are among the family of proteins that function to regulate cellular health, including metabolism and homeostasis. While on this diet, you will be able to lose 7lbs in 7 days. **THE VIP SIRTFOOD DIET: THE SIRT DIET RECIPES, MEAL PLAN, AND COOKBOOK FOR LOSING 7LBS IN 7 DAYS** is a book that provides all the information needed to get you started with sirt diet. In this book, you will learn: -What is sirtfood diet?-What are sirtuins?-Sirtuins and weight Loss-Sirtuins and excise-The sirtfood recipes-The sirtfood meal plan for 7 days-And much more.Everything has been made easier for you. The tasty recipes contained in this book will ensure that you achieved your desired weight without being bored out. Therefore, if you're ready to lose those extra pounds, start now by following the VIP sirtfood diet.Download your copy today!

The 22-Day Revolution

Miracle Juices

Delicious and Easy-To-Make Recipes to Help You Lose Fat, Reclaim Energy and Live Healthy

Lose Weight and Feel Great in Just 5 Days

Lose 7lbs in just 7 days!

Lose Up to 7lbs in 7 Days with the Ultimate Low Carb Diet Plan

Chocolate Busters: The Easy Way to Kick It!

Your fat is not your fault. Are you eating all the right things—low-fat yogurt, egg-white omelets, whole-grain bread, even tofu—but still can't lose the weight? Your favorite "diet" foods may be to blame. In this groundbreaking program, nutrition and fitness expert JJ Virgin reveals the real secret behind weight gain—food intolerance. A negative reaction to certain foods like dairy or gluten can sabotage your health by triggering inflammation and causing a host of nasty symptoms like bloating, breakouts, headaches, achy joints and—worst of all—stubborn weight gain. On The Virgin Diet, you'll eat plenty of anti-inflammatory, healing foods to reclaim your health and reset your metabolism, while avoiding the 7 foods that are most likely to cause food intolerance. You'll never feel hungry or deprived, and in just one week, you'll drop up to 7 pounds, lose belly bloat, gain energy, clear up inflammation and look and feel years younger. And that's just the beginning!

Juice it...and lose it! Amanda Cross, whose Miracle Juices (co-written with Charmaine Yabsley) sold more than 170,000 copies worldwide, is back with a juice diet that's positively life-changing. Whether the goal is to fit into a special outfit, look beach-ready, or kickstart long-term weight-loss, this incredible fast-track plan will do the trick. It contains 42 simple recipes for delicious, be-good-to-yourself juices that will cleanse your system, rid your body of toxins, and take off seven pounds in just seven days. Start the morning with a Lemon and Ginger Infusion, go on to Flat Belly Berry, and wind down with herbal tea. You'll also get motivational tips, ideas for daily treats, and gentle exercise routines to help things along.

Your Foundation for Permanent Fat Loss