

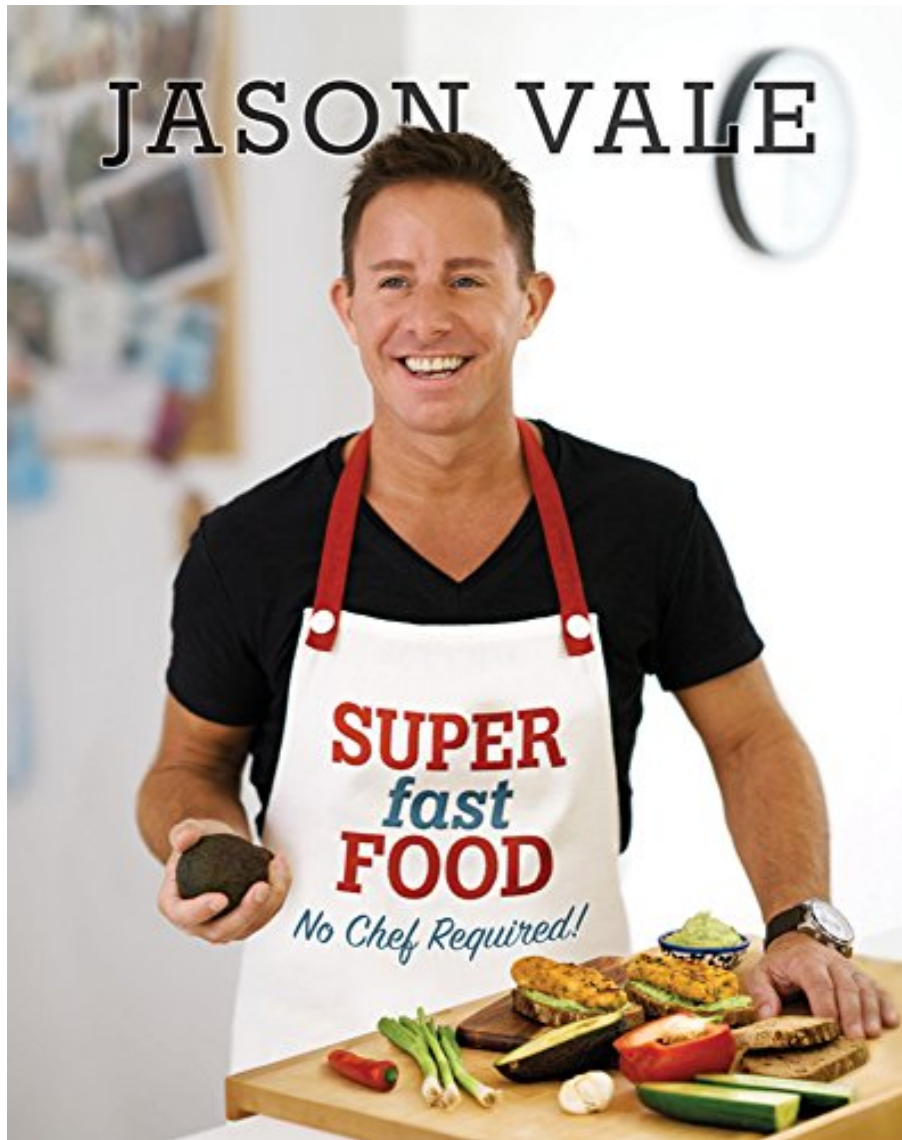
SUPER FAST FOOD: NO CHEF REQUIRED!

BY JASON VALE



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About the Author

Jason Vale is the best-selling author of a dozen books on health, addiction and juicing. His books have been translated into many languages and he regular appears on television, radio and in the press. Jason's 7lbs in 7days Juice Master Diet has been described as 'The most successful juice diet of all time' and over 3 Million Jason Vale books have been sold to date. He has five #1 best-selling apps and is the founder of the Juicy Oasis Boutique Health Retreat & Spa in Portugal.

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SUPER FAST FOOD: NO CHEF REQUIRED! BY JASON VALE PDF

Jason Vale - the world's number one name in juicing - brings you his first ever wholefood recipe book, Super Fast Food! Packed with over 100 truly inspirational recipes, from incredibly healthy super food breakfasts - that go beyond just juice! - to brownies to die for! You'll find healthy versions of all the classics from pizza to pasta to risotto and even a healthy veggie burger and fries! As you would expect, the book is also bursting with super salads, super soups and amazing fish recipes. Whether you're a vegan, veggie or pesci there's something for everyone! This is also the perfect book for anyone who has just finished one of Jason's 'Juice Challenges' and is looking for some inspiration. Jason believes that the whole business of healthy eating has been over complicated. This is why you won't find any strange ingredients that can only be found in an Amazonian rain forest! You also won't need to go to any 'specialized food' shops for any of his recipes and anyone can make these simple, delicious, nutrient packed super food meals. Jason's fifteen years of experience writing health books comes into its own in this refreshingly uncomplicated look at healthy meals.

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... this and I have to say it is the BEST cookbook I have every purchased

By M. Petkus

I just received this and I have to say it is the BEST cookbook I have every purchased. The content of the recipes is outstanding and the format of the book is so easy to follow. It is FILLED with color pictures of the foods and each one looks more appetizing than the page before. Wow.I can't wait to make every thing in it. I also have the AP on my phone and it is fantastic too. I was so pleased with the AP that I wanted the book too. It is more expensive than your average cook book but is worth every penny! if you want to prepare healthy, super delicious meals don't hesitate to get this book and the AP too!

4 of 7 people found the following review helpful.

I am disappointed to find recipes in this book which cater to ...

By CakeNHound

I have many of Jason's other books and videos, and had expected this book to follow the very healthy, plant-based program which his juicing and smoothie recipes offer. I am disappointed to find recipes in this book which cater to the cheese-eating and fish-eating readers. I am vegan and although there are a couple of vegan recipes, they are nothing special and certainly not worth the price of a book promoting unhealthy eating habits.

This book is going back and I will use the money to purchase a book more in line with my ethics.

1 of 4 people found the following review helpful.

Five Stars

By Steven Josovitz

this cookbook rocks.

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