



7lbs in 7 Days: The Juice Master Diet

By Jason Vale

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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!

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Editorial Review

Review

‘The juice programme works! And if it can work for me I believe it can work for anyone.’
Jordan

‘Just like Jordan, Jason Vale is living proof that his eating plan delivers results’ New!

‘The perfect kickstart to weight loss in a sensible way to guarantee a fitter, more vibrant and juicier life.’
OK! Magazine

About the Author

Jason Vale is the Number 1 juicing expert in the UK and his profile is rapidly spreading across Europe, Middle East and North Africa and North America. He regularly features in national newspapers, magazines, TV adverts and radio.

Users Review

From reader reviews:

Marcus Casale:

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Larry Morris:

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Peggy Dunn:

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Tommy Wright:

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