



# **The Reboot with Joe Juice Diet Cookbook: Juice, Smoothie, and Plant-powered Recipes Inspired by the Hit Documentary Fat, Sick, and Nearly Dead**

*Joe Cross*

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Since releasing his documentary, *Fat, Sick & Nearly Dead*, in 2010--which became a worldwide sensation-- Joe Cross has become a tireless advocate for the power of juicing. *The Reboot with Joe Juice Diet* brings us his story of overcoming obesity, poor health, and bad habits and presents success stories from others whose lives he has touched.

Cross--who lost a hundred pounds and discontinued all his medications by following his own plan--walks the reader through his life before juicing, candidly sharing his self-defeating attitude toward food and fitness.

*The Reboot with Joe Juice Diet Cookbook*, the sequel to *The Reboot with Joe Juice Diet*, provides readers with more plant-powered recipes that they can use with the Reboot Juice Diet plans or any time for a healthy meal along with juicing and cooking information and inspiration.

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