



# Turbo-charge Your Life in 14 Days

*Jason Vale*

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## **Turbo-charge Your Life in 14 Days** Jason Vale

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!

Jason Vale is fast becoming the UK's most popular health coach. Here 'the Juice Master' offers his first ever 14 day diet programme.

It includes:

- no wheat, no yeast, and 'man made' carbs at lunchtime only
- 70% of your daily menu to be water-rich 'live' foods
- not eating 3 hours before going to bed
- exercising twice a day for 45–60 mins
- TV and recreational computer time being kept to a max of 2 hours a day
- 30 great recipes, including Green Veggie Power Soup, Turbo Salad, Protein Snack Attack and Green Power Smoothie

Jason Vale tackles the most common excuses we use to let ourselves off the hook: 'I can't because... I've got a slow metabolism... I don't have time...' and offers inspirational stories of people who have overcome giant obstacles to achieve their goal.

This book will help you move from a dieting mentality to one where you focus on what you can have rather than what you think you can't have.

## **Turbo-charge Your Life in 14 Days Details**

Date : Published April 10th 2014 by Thorsons (first published April 1st 2005)

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Author : Jason Vale

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# From Reader Review Turbo-charge Your Life in 14 Days for online ebook

## Molli says

This book is packed with great information about health and nutrition and well worth the read even if you don't want to do his plan. The part about juicing is very good.

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## Emma-Jane says

Good book. All common sense. Less inspiring than 7lbs in 7 days but still positive and I can't wait to get started :-) Monday begins a new chapter...

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## Julia says

Some very interesting points, and while I'm a big fan of his juice and smoothie detoxes, I have to admit I'm not too keen on most of the food recipes in this book.

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## Özlem Güzelharcan says

Saglikli beslenme konusunda faydali bilgilerin, tariflerin ve motive edici hikayelerin oldugu guzel bir kitap.

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## Gareth Otton says

To be clear I have not had chance to act on this book yet as I have just finished reading it but wanted to review it whilst it was still fresh in my mind.

I was pleasantly surprised with this book. Most diet books regurgitate the same tired old advice that either conflicts with itself or with other diet information that I trust. On top of this most authors are nervous at the idea of insulting their audience and so they make them feel good about who they are and convince them that even if their diet doesn't work then they are still special people who should be happy with themselves.

I found it refreshing that this book was the opposite of that. Jason Vale calls a spade a spade and a fat person a fat person. He tells you that not only is it not attractive to be over weight, even by as little as 20lbs, but it is actually unhealthy to the point of dangerous. This is the motivational kick so many of us (me definitely included) needs in order to start getting out there and losing weight.

When he talks about his rules and his diet plan he not only goes into the reasons he has come up with those rules to help you lose weight but actually to help you get fit. It is rare for me to feel scared about what I eat

after reading a book but this one has opened my eyes and it has made me want to try his plan even more.

I recognise that a lot of the diet is exactly the same as in other books. Eat healthy, exercise more and you will lose weight. But in this book there are no half measures, he says the rules you have to strictly stick to and there is no wavering. Thanks to a strict set of rules I will no longer have any excuses as I will clearly be able to see if I have failed the plan or if the plan has failed me. All of these diets that promise you weight loss by eating what you always eat have never worked for me in the past and after reading this I feel confident that though it will be hard work at first, in the long run it should see results.

Obviously everyone gets this feeling after reading a new diet book but trust me when I say that the information in this book feels that little bit more real and less sugar coated.

This book only loses a star in the rating simply because of repetition. The essential information was clearly not enough to make a book large enough to justify the price they wanted to charge so sometimes as many as five to ten pages can be devoted to laboring over a single point and adding padding to the book.

Other than this though it is an enlightening read and I recommend it to anyone looking not only to lose weight but simply to get healthier.

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### **Carol says**

Some very interesting points, after doing the 7 day juice, I'm going to follow this plan and see where it takes me. Lifestyle change certainly.

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### **Alaine says**

This is a great book to improve your health but I thought it was a little bit fanatical with some of the suggestions being unrealistic for most people who work hard and have busy lives with children and families to take care of.

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