



## Super Fast Food: No Chef Required! (Hardback)

By Jason Vale

Juice Master Publications, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. 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 superfood 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 overcomplicated. This is why you won't find any strange ingredients that can only be found in an Amazonian rainforest! You also won't need to go to any specialised food shops for any of his recipes and anyone can make these simple, delicious, nutrient-packed superfood meals. Jason...



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### Reviews

*This book is definitely worth acquiring. I have gone through and so I am certain that I will likely read through again in the future. It's been printed in an exceptionally basic way in fact it is only after I finished reading this publication in which it actually altered me, changing the way in my opinion.*

*-- Andres Bashirian*

*Comprehensive guide for publication fanatics. This really is for all who state there had not been a well-worth reading through. I discovered this ebook from my dad and I encouraged this book to find out.*

*-- Lacy Goldner*