

OVER **3 MILLION**
JASON VALE
BOOKS SOLD!

JASON
VALE'S
5:2
JUICE
DIET

"When it comes to juicing,
there's only one man for
the job - Jason Vale!"

Carol Vorderman

WEEK 2
JUICE 1

PERFECTLY RIPE!
*Pop off the stem at the top of
your avocado, if it comes away
easily and it's green underneath
it's ripe and ready to eat.*

ASPARAGUS, PEAR & AVOCADO BLEND



Rich, creamy, thick and incredibly filling — exactly what you want when doing the 5:2 Juice Diet.

INGREDIENTS:

Apple 1
Pears 2
Cucumber $\frac{1}{4}$
Asparagus 2 spears
Avocado $\frac{1}{4}$ (ripe)
Ice 1 small handful

INSTRUCTIONS:

Juice the cucumber, asparagus, pears and apple.
Scoop the flesh from the avocado into your blender.
Add a little ice and whiz until creamy.
Pour into a glass of your fancy and sip slowly.

SO WHAT IS IN THIS BABY?

The natural fat from the avocado helps to regulate your appetite, lifts the sweet flavours of freshly extracted apple and pear juice. The cucumber adds freshness to the whole blend whilst the asparagus gives something extra on the nutritional front. All in all, an extremely powerful blend that will hit the mark every time.

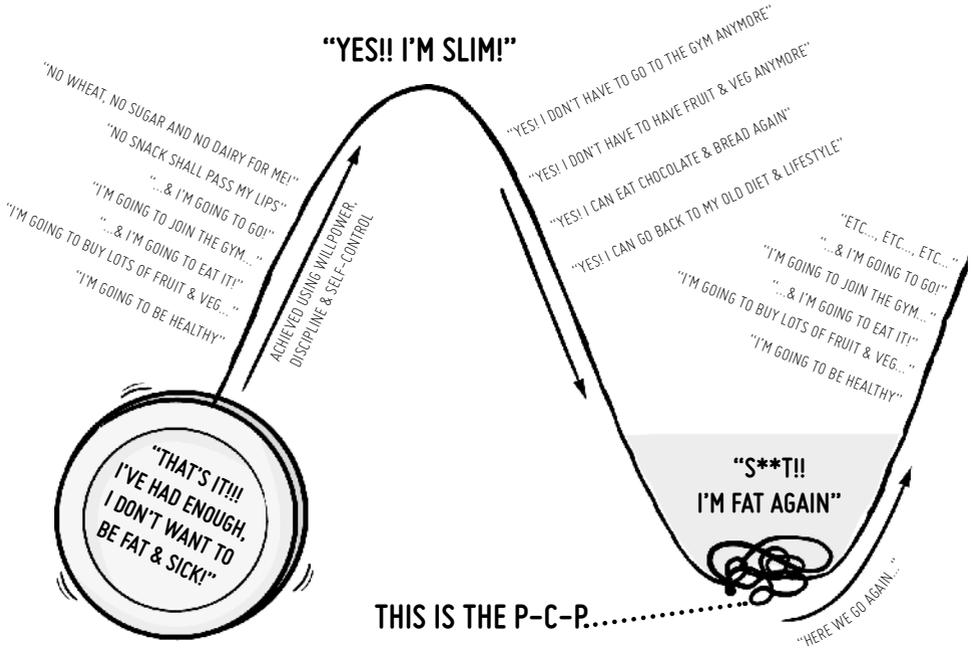
Asparagus is low in calories and is very low in sodium. It is a good source of vitamin B, calcium, magnesium and zinc and a very good source of dietary fibre, protein, beta-carotene, vitamin C, vitamin E, vitamin K, thiamin and riboflavin.

A typical serving of avocado (100g) is said to be moderate to rich in several B vitamins and vitamin K, with good content of vitamin C, vitamin E and potassium.

the words from the movie the Shawshank Redemption it's a case of either, 'Get Busy Living or Get Busy Dying' – there's no in-between.

Yes there are some people who seemingly stay slim and healthy despite what they eat or whether they exercise, but these people are very rare, rarer than you think, and you just need to face facts: you're not one of them. If you were you wouldn't be reading this page of this book right now. No it's not fair, but then staying fat and sick constantly saying it's not fair won't change your situation one iota. I am hoping by the time you finish reading this book you will be making a solid decision to *consistently commit* to some new health habits rather than 'binge health' only to then 'binge disease'. I am hoping this is the catalyst for you finally getting off the crazy 'Diet Merry-go-round' and embracing something that works *consistently*. This is what most people's Yo-Yo Dieting life looks like... you may or may not recognise yourself here:

THE YO-YO DIET:



If this is not the first diet book you have ever read, then I am guessing you may well have recognised yourself in the diagram. When we hit what I describe as the 'Pressure Cooker Point' (P-C-P) then, and only then, do we make a change. The P-C-P is different for everyone. For some it's when they have 10lbs of excess body fat and for others, their P-C-P doesn't kick in until they're 50lbs overweight. The P-C-P isn't just about excess weight either; it's when we reach a certain level of decline in energy/health and wellbeing in general. It's different for everyone and we all have our tipping moment into the Pressure Cooker

WEEK 4
JUICE 8



CHOCCATASTIC!

Cocoa Beans are the seeds found inside the pods of the Cacao tree, each pod contains enough beans for 2 bars of dark chocolate.

CHOCOLATE, ORANGE POWER BLEND



Chocolate orange doesn't have to be exclusively for cakes of the jaffa variety or set within over-processed milk chocolate and wrapped in orange foil.

INGREDIENTS:

Oranges 2 (peeled, white pith left on)
Banana 1 (ripe)
Cocoa Powder 1 heaped tsp
Maca Powder ½ tsp
Manuka Honey 1 tsp
Ice 1 small handful

INSTRUCTIONS:

Juice the oranges and pour into a blender.
Put the banana, cocoa powder, maca powder, manuka honey and ice into the blender.
Blend until smooth, drink and enjoy this ridiculously tasty smoothie!

SO WHAT IS IN THIS BABY?

This chocolatey glass of goodness tastes like a naughty treat and is actually good for you! The sweetness of manuka honey offsets the bitterness of cocoa whilst the butterscotch tones of maca really boost, not only the flavour, but more importantly the nutrition, powering this blend with even more vitamins, minerals, enzymes and essential amino acids.

Cocoa powder contains several minerals including copper, magnesium, phosphorus, potassium, sodium and zinc; as well iron and calcium.

Maca, a root that belongs to the radish family, is most commonly ground into a powder that is rich in vitamin C, vitamin B and vitamin E. Maca powder provides plenty of calcium, zinc, magnesium and iron, which helps restore red blood cells.

MONDAY

ON WAKING: Herbal/Green Tea
or Hot Water and Lemon

9AM: Juice 1 — Power Plant

1PM: Juice 2 — Viva La Veggie

4PM: Juice 3 — Fennel Fury

7PM: Juice 4 — Pearfection

Monday and Tuesday are, as you'd expect, your 'juice fast' days. However, as I have mentioned many times, you can choose any two consecutive or non-consecutive days you wish. Personally, I switch from Monday & Tuesday to Tuesday & Wednesday at times. This decision is usually made by what I have left in the fridge from the weekend. I don't like food waste and so at times I eat on the Monday and juice on the Tuesday and Wednesday, but again this is your call. The recipes I have given here are from WEEK 1, but clearly you can slot in whatever juices from any other week.

TUESDAY

ON WAKING: Herbal/Green Tea
or Hot Water and Lemon

9AM: Juice 1 — Clean + Green

1PM: Juice 2 — Basil Blush

4PM: Juice 3 — Ginger Ninja

7PM: Juice 4 — Fresh + Wild

well for many. The choice is yours and as long as you do two full days of pure juice then you can safely say you are adhering to the principle. Each to their own is the conclusion here but personally I mix it up... because I'm out there!

Q. DO I HAVE TO STICK TO THE JUICES IN THE PLAN, OR CAN I SUPPLEMENT WITH OTHERS FROM YOUR OTHER PLANS AND BOOKS?

A. The juices in the plan have all been calculated for their calorie content. Clearly, depending on the size of the produce you buy, those calorie counts may change slightly. All of the science appears to point to 500 calories a day for women and 600 calories a day for men for optimum intermittent fasting results. All of the juices in this plan are around 125/150 calories and so guarantee to meet this scientific criteria. This is why, for the purposes of the *5:2 Juice Diet*, it's best to stick to the suggested juices in this plan. Having said that, you are of course free to substitute other juices from my other books and plans, but make sure you don't make any of the 'smoothies' with yoghurt, bananas or avocados as they'll immediately put you top heavy on the calorie count. I have never been a fan of calorie counting in any way and it seems extremely alien to be doing it now. The only reason for this is because there is a great deal of research now using these numbers. As a rough guide, a 420ml vegetable based juice comes in around 150 calories and

an avocado smoothie of the same size around 250 calories. You really don't need to get too bogged down with these exact numbers and two days of freshly extracted juice per week will do your waistline and health wonders, even if you go slightly over on the calorie front. I would also add that humans come in all sorts of shapes and sizes and the amount of movement each person does varies massively. If you are 6ft 4in and play rugby all day, then adding shed loads of avocados and bananas to your shakes would be deemed an intelligent thing to do. It is extremely difficult when writing a book of this nature to cover all bases as there will always be a need to use your common sense and be flexible. The vast majority can do the 5:2 Juice Challenge as it's laid out in this book and won't need to adjust, however there will be some people who do so please use your common sense and listen to your body!

Q. WILL THEY STILL BE OF GOOD NUTRITIONAL VALUE IF I MAKE THEM IN ADVANCE AND DRINK THROUGHOUT THE DAY?

A. Freshly made and drunk within one hour of making will always be the best. Having said that, very rarely does this model fit into the average person's hectic life. Not only that, but most people really don't want to wash their juicer four times a day. With this in mind there are a couple of options to make life easier:

THE 5:2 DIET REVOLUTIONIZED!

Off the back of his **#1 best-seller**
7lbs in 7days: Juice Master Diet

comes Jason Vale's latest creation:

THE 5:2 JUICE DIET

INCLUDES:

The full **4-Week 5:2 Juice Diet Plan**

All juices devised to **meet 5:2 principles**

The **science behind 5:2**

Shopping list for each week

Full **Q & A**

***...plus, of course, the usual
dose of Jason inspiration!***

"The ORIGINAL juice guy!"
Alesha Dixon