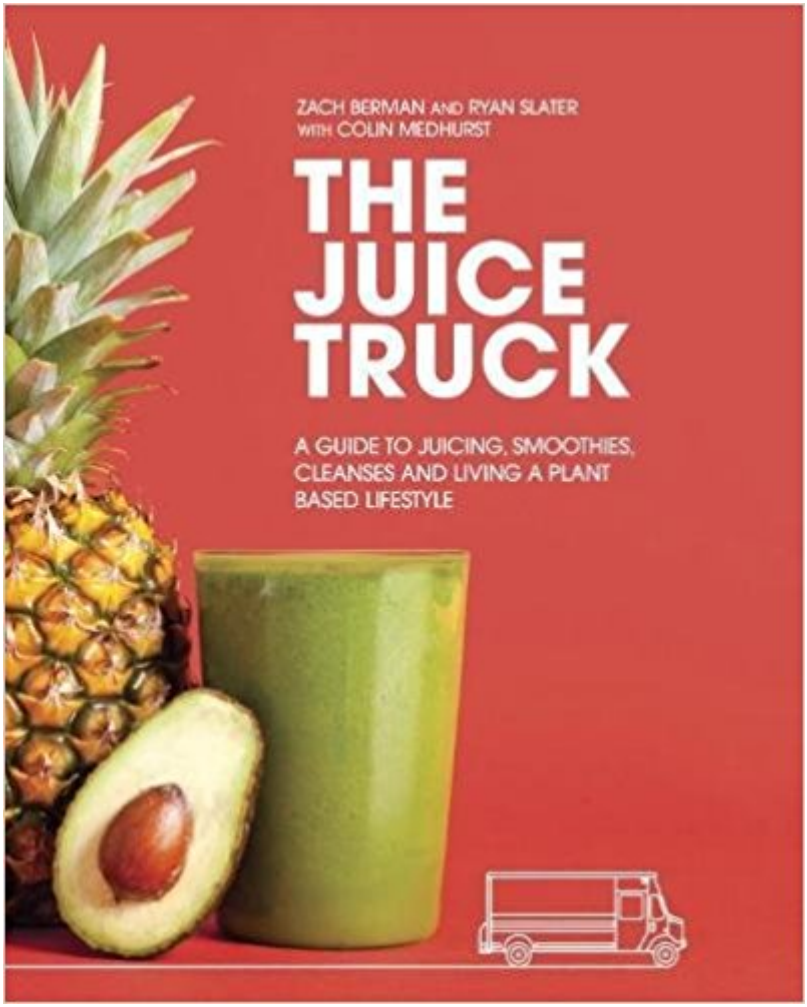
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The Juice Truck: A Guide To Juicing, Smoothies, Cleanses And Living A Plant-Based Lifestyle



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Synopsis

From Zach Berman and Ryan Slater--the longtime friends behind Vancouver's wildly successful Juice Truck--comes an accessible, informative and fresh book on the popular and healthy juicing and cleansing lifestyle.There are lots of juice books out there, but few get it right. In The Juice Truck, Zach and Ryan make it their mission to make juicing approachable, fun, imaginative and healthy. Their obsession with juicing began when they took a trip to the Himalayas and Nepal, which quickly turned from a journey of self-discovery into a full-blown juice-seeking adventure once they were introduced to the most delicious, locally-sourced juices they had ever tried. They decided then to create the same community and street side accessibility to juice in Vancouver that had inspired them throughout their travels. Alongside colourful and eye-catching photographs and illustrations that match their company's brilliant branding, The Juice Truck incorporates advice from health coach Colin Medhurst, and outlines the tools you need to make the perfect juice, the science behind juicing, and the benefits of each specific ingredient. The book dives into the juice cleanse and tells you everything you need to know about this health trend, giving you the top 10 tips to consider before embarking on a cleanse. It debunks other cleanses and outlines which ones are actually good for you and how to cleanse in a safe and proper way. The authors also break down and profile their favourite superior foods, tinctures, supplements and boosters. Once the reader is perfectly equipped, Zach and Ryan provide over 110 mouth-watering drink recipes from nut milks, smoothies, juice and hot drinks, as well as easy-to-make and delicious plant-based food recipes that can be eaten alone or accompany the many drink recipes. Interspersed throughout the recipes are case studies by experts in their fields on subjects like meditation, sleep, yoga, fiber, microbes, food allergies, sensitivities and intolerance, and the nervous system. In addition to appealing to both loyal and first-time juicers everywhere (as well as the dedicated following of the Juice Truck in Vancouver), this book will be the definitive juicing guide for people who live a healthy, active lifestyle, and those who would like to transition to a healthier diet. This is not your average juice book--it's a combination of storytelling, nutrition and tried-and-true recipes that deserves a place in every juicer's kitchen.

Book Information

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Customer Reviews

Ã¢â ¬Å“The Juice Truck is thoughtful, thorough, but most of all FUN! Zach and Ryan make juicing joyful, the pursuit of health a pleasure, and I love their realistic approach to both to green drinksÃ Â andÃ Â life-changing habits. This book offers so much more than recipes: it is a true masterclass in how to create sustainable change in your body, mind and spirit. I donÃ¢â ¬â„¢t know about you, but I am getting on the Juice Truck and probably never coming back.Ã¢â ¬Â•Ã Â Ã Â Ã¢â ¬â •Sarah Britton, bestselling author of My New RootsÃ Â Ã¢â ¬Å“This cookbook from the founders of The Juice Truck is as fresh and colorful as the plant-powered beverages and snacks theyÃ¢â ¬â„¢re famous for. Whether you prefer fruity or chocolatey, light or decadent, Berman and SlaterÃ¢â ¬â„¢s approachable (and dreamy) recipe collection has something for everyone. Best of all, The Juice Truck cookbookÃ Â is sure to inspire even the most seasoned juicer while still providing all the helpful tips and information novices need to get off to a successful start.Ã¢â ¬Â• Ã¢â ¬â •Angela Liddon, New York Times bestselling author of Oh She Glows Every Day Ã¢â ¬Å“The people have spokenÃ¢â ¬â •and they choose The Juice Truck! Juice is a pathway back to the truth that food is also medicine, and Zach and Ryan are master mixologists for our times. However you choose to eat, this book will add colour, health and fun to the menu.Ã¢â ¬Â• Ã Â Ã¢â ¬â •J.B. MacKinnon, author ofÃ Â The 100-Mile Diet "I visited the Juice Truck during a trip to Vancouver and instantly fell in love. We went back two more times before leaving town (yeah, it’s that good). Somehow Zach and Ryan have managed to cram all of the energy and beauty of their storefront into this gorgeous, vibrant, insanely informative cookbook. Health junkies like myself need this book in their collection. It’s going to live on my shelf forever (and ever)." Ã¢â ¬â •Dana Shultz, author ofÃ Â Minimalist Baker’s Everyday Cooking Ã Â Ã¢â ¬Å“The Juice TruckÃ Â is packed with vibrant photography, simple and satiating recipes, and tools to help you integrate fresh goodness into your current diet, or guide you along on a total transformation.Ã Â If youÃ¢â ¬â„¢re ready toÃ Â start down a leaner, cleaner path, this beautiful

book of liquid nutrition and simple clean eats, will invite you to sip up some sunshine and indulge in a super dose of health.Ã¢â ¬Â• Ã¢â ¬â •Meghan Telpner, bestselling author ofÃ Â The UnDiet CookbookÃ Â and founder of the Academy of Culinary Nutrition Ã¢â ¬Å“Getting your essential greens everyday Ã¢â ¬Ëœon the goÃ¢â ¬â„¢ to alkalize your body has never been easier than with the many delicious options that the Juice Truck offers. Now we get to know their tasty secrets for successful cleansing with juices and for creating our very own plant-based meals with their crowd pleasing recipes! I could eat these amazing yummy dishes morning, noon and night and I probably will!Ã¢â ¬Â• Ã¢â ¬â œJulie Cove, bestselling author of Eat Better, Live Better, Feel BetterÃ¢â ¬Å“Who better to learn from about juicing, smoothies and the plant-based lifestyle than Canada's cold-pressed juice pioneers? . . . This book can help kick-start a healthy lifestyle and perhaps even motivate readers to pursue their dreams, as Zach and Ryan have done so successfully.Ã¢â ¬Â• Ã¢â ¬â œ Erin Ireland, food reporter and editor of itstodiefor.ca Ã¢â ¬Å“What you hold in your hands is not only an excellent resource for vibrant juice and smoothie recipes; itÃ¢â ¬â„¢s a useful guide equipping you with the tools you need to start creating your own colorful elixirs. . . . If you are looking for more energy and nutrition in your life via delicious drink recipes: look no further, you've hit gold with this one.Ã¢â ¬Â•Ã Â Ã¢â ¬â œ Emily von Euw, bestselling cookbook author and blogger behind This Rawsome Vegan Life Ã¢â ¬Å“Juicing as a trend seems to be everywhere now, but for Zach and Ryan, The Juice Truck began many years ago, inspired by their months of travel around India and Nepal. They drew on local customs and ancient knowledge of nutrition and medicines found naturally in plants. This book takes juicing farther than a fad: they speak of a way to truly nourish yourself as a way of life, physically, spiritually, holistically, and most importantly, in my opinion, deliciously.Ã¢â ¬Â• Ã¢â ¬â œJackie Kai Ellis, owner of Beaucoup Bakery & CafÃƒÂ©Ã Â Ã¢â ¬Å“Eating well is not about restriction and sacrifice . . . itÃ¢â ¬â„¢s about joyfully feeding your body what it needs to feel its best. The recipes in this book are as joyful, vibrant and yummy as it gets. The more you enjoy these nutrient-dense treats in your daily life, the better you will feel. No matter where you are with your eating habits, The Juice Truck makes it so easy to put more plants on your plate.Ã¢â ¬Â• Ã¢â ¬â •Desiree Nielsen RD, Host ofÃ Â Urban VegetarianÃ Â and author ofÃ Â Un-Junk Your Diet Ã Â Ã¢â ¬Å“This book is bursting with health, deliciousness, and all the Juice Truck's tried and tested recipesÃ¢â ¬â •it will surely stand the test of time as a staple and resource on my book shelf. And besides, who couldn't love two dudes slinging juice out of a pink truck?Ã¢â ¬Â• Ã¢â ¬â •Chef Brian Skinner

ZACH BERMAN and RYAN SLATER are co-owners of The Juice Truck and The CafÃƒÂ© in

Vancouver. These two longtime friends launched the truck in 2011 to instant success, and fast developed a cult brand with a city-wide following. They also sell The Juice Truck juices in over 20 retailers and fitness locations in and around Vancouver, including Urban Fare, Meinhardt and Choices.

So after years of trying to convince my Mom to go plant based she finally decided to give it a try.. This was one of the first books she bought to help her out. After doing a total 360 in her lifestyle & habits, she is looking and feeling better than ever. I borrowed this book out of curiosity, and man was I impressed! This had information i've spent years researching, all easy to read and full of great facts. I haven't been able to put it down. Love it! Thank you.

I've owned a Vitamix for years, but never had the inspiration or clear instructions on how to make myself amazing smoothies and juices. Enter, The Juice Truck! I've now tried several of their recipes, and couldn't be happier with the results. I've found myself feeling more energized, happier, and I've even dropped a few pounds. So glad I tried out this book! And the price is right too :)

Great Book, wonderful ideas for delicious and healthy food.A must have!

I don't usually write reviews, but I had to for this book. It's simply just amazing. It is so clearly written and informative. It has really changed my life for the better. You won't regret adding this to your book collection. I've purchased a few others as gifts and everyone loves it. Thanks Juice Truck! Now open up a store in LA!

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