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Jason Vale's 5:2 Juice Diet by Jason Vale

The popular 5:2 diet sounds like both a blessing and a curse – you're meant to fast for 2 days intermittently during the week, but the rest of the days you can eat whatever you want. 'Juice Master' Jason Vale thinks that's the wrong way to go about it. According to him, the diet should really

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be all about “optimum nutrition”.

Jason Vale's 5:2 Juice Diet: What it is, how it works, and ...

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He gives samples of how he implements the 5:2 through his week, juicing 2 days, eating clean 3 days juice a day with salads mostly and veg), and then having 'human' days usually on weekend when off work, but all this can be personalized to individual schedule.

Amazon.com:
Customer reviews:
Jason Vale's 5:2

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