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In Fully Charged, Joe Cross shares what heâ€™s learned since filming Fat, Sick & Nearly Dead about staying healthy in an unhealthy world. Whether youâ€™ve followed the Reboot diet and are looking for help in sustaining your success, or looking for advice that will help you lose weight and adopt a healthy lifestyle, this book is full of ...

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Calorie Counting Our 15-Day Reboot is designed to provide approximately 1,200 calories or more a day but actual calories and yields will vary depending on

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Joeâ€™s New York Times bestselling book, the â€œReboot with Joe Juice Dietâ€• includes in-depth information and guidance. Read Joeâ€™s inspiring story, and get detailed plans and recipes for Reboots of 3, 5, 10, 15, and 30 days.

Joe Cross - Official Site

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