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Makes You Fat!~~

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- Triple \"A\"

Protection Super Blend
Sweet Potato, Coconut
\u0026 Chilli Soup

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The 14 Day Turbo

Charge Your Life

programme includes: /
no wheat, no yeast and
no 'man made' carbs
after 6pm (carbs are to
be eaten at lunchtime
only) / 70 per cent of
your daily menu being
comprised of water-rich
'live' foods / not eating
3 hours before going to
bed / exercising twice a

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Charge Your
Life In 14 Days

day for 45-60 mins
(weight resisting exercise
every other day) / TV
and recreational
computer time being
kept to a max of 2 hours
a day / 30 great recipes
including Green Veggie
Power Soup, Turbo
Salad ...

~~TURBO CHARGE
YOUR LIFE IN 14
DAYS: Turbo Charge~~

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~~Your Life...~~

"Turbo charge your life" incorporates salads and soups into the juice plan so it's a bit more substantial and thus easier to follow. It's written in an upbeat conversational tone which really helps you get into a healthy mindset.

~~The Juice Master:~~

Page 11/28

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~~Turbo-charge Your Life
in 14 Days eBook ...~~

Remove the core from the apple and chop. Peel the pineapple and cucumber and chop into small pieces. Add the ice to your blender, scoop in the flesh of the avocado, squeeze in the lime juice, followed by all other ingredients. Juice Master Protein Powder can be found

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here. Blend for 15 – 30
seconds.

Life In 14 Days

~~Turbo Charge Super
Blend Smoothie Juice
Master~~

7-Day Juice Diet, 7lbs in
7 Days, Detox, Juice
Master, Juice Master
Books, Slim, Slim For
Life, Stop Smoking,
Turbo Charge Your
Life, Weight Loss “ I
have lost 7lbs, feel

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energised and love the
5lbs programme — not
bad for 63! ”

~~Turbo Charge Your
Life - Juice Master~~

"Turbo charge your life"
incorporates salads and
soups into the juice plan
so it's a bit more
substantial and thus
easier to follow. It's
written in an upbeat
conversational tone

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Charge Your
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which really helps you
get into a healthy
mindset.

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<http://booksofmylife.com/the-juice-master-jason-vale/> 30 raw energy recipes and loads of fantastic information on transforming your

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Life In 14 Days

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Turbo-Charge Your

14-Days is currently

unavailable at Juice

Master. The book can

be purchased on

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Your Life in 14 Days

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proves that there's only
one thing preventing
people from getting the
body and energy they
crave... EXCUSES!

When you read Jason's
book you'll

~~Turbo Charge Your
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Lifestyle / Juicy Health

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results. You should
always seek the advice of
your physician ...

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anniversary. ... Your
results may vary and
Juice Master cannot
guarantee any specific

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health or weight loss results. You should always seek the advice of your ...

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1. Juice the pineapple, celery, cucumber, spinach, lime and apples. 2. Place the ripe avocado flesh into the blender, followed by the juice and ice.

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~~Recipe - Juice Master~~
28 Day Juice Challenge,
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Your Life Are Cold
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The Juice Master:

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in 14 Days By Jason

Vale 4.5 out of 5 stars

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Vale

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Vale's promotion as
The Juice Master by
Royal Philips

Electronics has achieved
media attention in
Denmark, Norway, The
Netherlands, Finland,
Turkey, and Italy. Vale
worked with Katie Price
whom he claims to have
helped lose two stone in
three months, after the
birth of her second
child, on Vale's Turbo

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Charge programme.

Life In 14 Days

~~Jason Vale - Wikipedia~~

Instructions: Juice the cucumber, celery, pineapple, spinach, lime and apples. Place juice and Spirulina in a blender with avocado and ice and blend for 45 seconds. Pour into a glass and enjoy! As per usual everything should be as fresh and organic

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Charge Your
Life In 14 Days

~~Turbo Charge~~

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turbo charge your life in
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