
Green Life Victoria Boutenko

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974 970-0 **green for life by victoria boutenko - wade** - green for life by victoria boutenko green delicious:
(maria's favorite) blend: 5 leaves purple kale 1/2 avocado 3 cloves garlic juice of 1 lime 2 cups water 1 tsp salt
2 roma tomatoes yields: 1 quart smoothie. blender: i just chopped everything up & used the garlic press (same
as i would make a salad!) & blended in my kitchen blender. sergei's favorite: 5 green kale leaves (green is
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schimpansen genau aus diesem grund für wissen-schaftliche experimente benutzt. **green for life -
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only through observation can we learn to connect consequences with causes, and to become aware of what to
expect from our diet and eating habits. for example, if we overeat late at night, we should not expect to feel
fresh in the morning. the advantage of being aware of what is going to happen enables us to act deliberately in
our everyday ... **green smoothies - meetup** - source: chapter 2, green for life by victoria boutenko,
rawfamily my husband, our two youngest children, and i have been eating an only raw foods diet since january
1994, more than eleven years.

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