



## Juice Recipes ~ Simple and Idiot Proof

*Lance Mayfield*

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## **Juice Recipes ~ Simple and Idiot Proof** Lance Mayfield

This ebook are my recipes that I personally used while losing weight, keep healthy and getting in shape. These are generic for a reason, the more simple the recipe, the less hassle you have to deal with variations, measurements, shopping, etc. I want to make sure you realize that when you start drinking these juices on a daily basis, you will enjoy the process first and the overall health results next.

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