



RECIPE CARD

JOE'S MEAN GREEN JUICE

Serving Size: 16oz. (500 mls)

Ingredients

**1 cucumber
4 celery stalks
2 apples
6-8 leaves kale (Australian tuscan cabbage)
1/2 lemon
1 tbsp ginger**

Directions

**Wash all produce well
Peel the lemon, optional
Juice
Pour over ice
Enjoy!**

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Fat Sick And Nearly Dead Recipe

Rachel Sandford



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