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removed juice of 1 lemon 4 tbsp avocado oil 2 cloves mashed garlic salt and freshly ground pepper to taste hot red pepper

flakes to taste 2 3 cup grated pecorino toscano cheese or any other grated italian cheese

free 10 day diet from jorge cruise first for women - Aug 17 2023

web jan 21 2018 pinterest women are losing up to 11 pounds a week on the new weight loss plan from first columnist jorge

cruise and it s so easy simply eat one vegan meal a day which researchers say fires up fat burn and ends hunger to fast track

slimming effortlessly to get started download jorge s free 10 day meal plan