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Your Life In 14 Days

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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 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,

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Turbo Salad ...

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

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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,

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squeeze in the lime juice, followed by all other ingredients. Juice Master Protein Powder can be found [here](#). Blend for 15 – 30 seconds.

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

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GET THE BOOK Best-selling Jason Vale's Turbo-Charge Your 14-Days is currently unavailable at Juice Master. The book can be purchased on Amazon. Turbo Charge Your Life in 14 Days proves that there's only one thing preventing people from getting the body and energy they crave...

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EXCUSES! When you read Jason's book you'll

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~~Turbo Charge Me - Juice Master~~

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.

~~Juice Master Turbo Express Smoothie Recipe - Juice Master~~
28 Day Juice Challenge, 7lbs in 7 Days, Clearer Skin, Glowing Skin, Healthier, Jason Vale, Juicer, Juicing, Junk Food, Spots, Super Juice Me!, Turbo Charge Your Life Are Cold Press Juicers the best juicers?

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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 Charge programme.

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~~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 as possible.

~~Turbo Charge Smoothie Recipe | FOOD MATTERS®~~

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