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I couldn't stop my imagination from thinking my tasty banana smoothie (see below) would have a smoky Healthy spices that boost the flavor of your smoothies

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GREEN SMOOTHIES HELPED ME TO LOSE WEIGHT 100% raw and lost over 100% but I went back to SAD and now I have started back to 100% raw and need to loose or relose

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Special sections take the theme further: Healthy Traveling in the Raw with Evies Kitchen is a must read for any mums wanting some great Raw recipes for their Kids. Victoria and Dr Fieber, reveal the unique healing potential of green smoothies. Revvell Revati and guests talk about raw food, living food, weight loss,

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What was your most common food craving, or most

Jennifer says: M&M's on pizza (which didn't end up tasting as good as I thought it would) I had a craving for anchovy toast and exotic fruits with Samantha and coke and .. hmm was really healthy in the beginning and then all i wanted was chicken . Umm nothing too serious, just strawberry smoothies from Wendys.

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