

Vegetable Juice Plan

(The Fountain of Youth hiding in plain sight)

Makes juice for two persons for 6 days

Beets	4 medium	Carrots	2 pounds or so
Beet greens	all from above	Cabbage	small head
Turnips	2 medium sized	Cucumber	one large
Turnip greens	bunch	Cilantro	2 bunches
Spinach	bunch	Celery	one head
Kale	bunch	Apples	4 medium
Collard greens	bunch	Lemons	4 regular
Mustard greens	bunch	Ginger	two finger size

(And other veggies you decide. Sometimes I also add squashes sometimes. Add turmeric root if available.)

Store in fridge. **Small glass or more of each daily.** I give my pulp to our chickens or sheep. But pulp can be used to make sausage like patties, or other foods. This juice is fresh (no shelf life) and completely raw and made with caring – much better than store bought vegetable juice. My cost in 2019 in Texas is less than \$15.00 to make the above juice that lasts 6 or more days for two people. A juicing machine costs \$80 or more. But **vegetable juicing is FAR FAR cheaper than hospitals and drugs!**

Picky people with their nose up against veggies are on the road to every ailment known to mankind.

Juiced veggies is the easiest way to get off that road.

You may NEVER see a Dentist or Doctor again!