

Christmas 2018



We are continuing our Gift Giving Specials to You until Friday **December 21**st

Place an order over \$50.00 and you get our Christmas Mini Recipe Book Free!! We have included some good information about planning for these special occasions, whether it is for Christmas or any other time of the year the same principles can be used.



Place an order over \$150.00 and you get Free our 2019 Calendar plus the above gifts. Our annual calendar with over 40 recipes from Judy's Vegan Kitchen and book "Foods Around the World". Recipes from England, Italy, South America, Middle East, The Islands, Mexico, Canada, Russian, Orient, India & Africa



Place an order over \$200.00 and you get Free Shipping plus the above gifts. Your order will be delivered after Christmas!



Place an order over \$400.00 and you get Free a large container of our BarleyMax plus the above gifts. To make your holiday juicing easier choose any one of our flavours: original, berry, mint or alfalfa free.



Website: www.myhdiet.ca Toll free # 1-866-478-2224

