THESE ARE RECIPES TO JUICE UP YOUR EVERY DAY.

CRIPPING THE EVERYDAY

THEY ARE BY AND FOR CRIPS.
PEOPLE WHO LIVE WITH CHRONIC CONDITIONS, INVISIBLE DISABILITIES AND PAIN

AND FOR EVERYONE.

FEEL FREE TO COPY & SPREAD

text & visuals,
@lucieschroeder_ 2022

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CHOOSE WHICH INGREDIENTS ATTRACT YOU TODAY.

BREATHE THEM IN ONE BY ONE

AND LET IT SIT FOR A FEW MINUTES.