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10-day cleanse " either full (green smoothies and light snacks) or modified (green smoothies and snacks and a non-smoothie meal a day). Continuing to lose weight / lifetime diet " unprocessed, lots of produce, healthy fats, low sugar.

10-Day Green Smoothie Cleanse by JJ Smith (2014): Food list

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10-Day Green Smoothie Cleanse PDF - Google Docs

The cleanse is meant to reset your body and encourages you to continue eating healthy by incorporating smoothies into your daily routine. Read on to hear about my experience. My plan is to make about 72 oz. of green smoothie every day and drink some every 3-4 hours starting at 7:30 am.

I Tried the 10-Day Green Smoothie Cleanse and This Is What

THE 30-DAY GREEN SMOOTHIE CHALLENGE | SIMPLEGREENSMOOTHIES.COM 6 In keeping with our "no rules" rule, we've kept the challenge as flexible as possible. As long as you drink 1-2 servings (2 to 4 cups) of green smoothie a day, you're free to adapt other aspects of the challenge to suit yourself, your time constraints, and your ...

THE 30-DAY GREEN SMOOTHIE

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By the way, in the new book "The 10 Day Smoothie Cleanse" you will find an unique diet for overall health with green smoothies. I liked it very much. Green smoothies improve the digestive tract. This means that toxins will be excreted from the body regularly, which will positively affect the overall health.

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