



10 Day Springs Green Smoothies Cleanse, Detox & Weight Loss Plan: The Low Carb Green Smoothies Cookbook & Enjoy Over 65 Fruit Vegetable smoothies Recipes (Smoothie-Fat Burning Breakfast Diet)

Rayonn Press

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Would you like to take the 10 Day Green Smoothies challenge to Lose Weight, while Detoxing and Cleansing Your Body by Following the Best Smoothie Recipes?

Weight Loss Challenge That Will Certainly Kick Start You Into Gear.

Begin your Green Smoothie Cleanse and Weight Loss Challenge and you can join the thousands of other success stories today. The Green Smoothie Cleanse and Weight Loss Challenge is a wellness program that enables you to put your will power to the test while feasting only on green smoothies for a designated period. The objective is to improve your lifestyle with the use of nutrient rich drinks that will revitalize your system, as well as your whole body.

You will also discover inside this book::

- How Green Smoothies Can Positively Affect Your Lifestyle
- How to Shop and Stock Your Kitchen
- Shopping List (for the first 5 days)
- Shopping List (for the last 5 days)
- How to Start the 10-Day Green Smoothie Cleanse
- Importance of Blander Foods
- Product Limit and What To Avoid in Green Smoothies
- Post Cleanse Questionnaire
- Meal Replacement: Replace Breakfast, Lunch, or All of Your Meals with the Thickest Green Smoothies
- Natural Resources to reduce Bitterness and Combining SuperFood Additives
- Tips to Transition Out of The Cleanse and Weight Loss Successfully

The Green Smoothie Book gives you over 65+ recipes that will also help you to receive other health benefits.

Bonus Green Smoothie Deter Recipes You can change your life, lose your belly fat and finally obtain the lean, strong and healthy body that you have always wanted

Scroll up to the top of the page, click the buy button, and download your copy without hesitation to see immediate benefits!

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