

# What Is The 10 Day Green Smoothie Cleanse Jj Smith Free Pdf Books

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Contents Introduction 1. What Is The 10-Day Green Smoothie Cleanse? 2. Why Green Smoothies? 3. Getting Prepared 4. How To Do The 10-Day Green Smoothie Cleanse Jan 16th, 2024



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Each Day You Drink Up To 60 Ounces Of Green Smoothies Per Day. Amount Varied Per Recipe. Follow The Recipes In The Book, As These Have Been Designed For Detox And Cleansing. Each Recipe For The 10-day Cleanse Is For 3 Servings - They Make About 48 - 60 Ounces Of Smoothie, Which You Will Divide Into 3 ... May 15th, 2024

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To Lose Some Weight, Increase Your Energy 10-Day Green Smoothie Cleanse By Jj Smith 10-Day Green Smoothie ... Apr 1th, 2024

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