

10 Day Green Smoothie Cleanse Smoothies

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✓ Verified Book of 10 Day Green Smoothie Cleanse Smoothies

Summary:

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I Tried the 10-Day Green Smoothie Cleanse and This Is What ... In the pursuit of that ever-so desirable summer beach bod, I found myself committed to trying the 10-Day Green Smoothie Cleanse by JJ Smith. The cleanse is a 10-day detox of processed foods, dairy, meat, and caffeine to give your body a much needed "break" and allow it to work on others things. 10-Day Green Smoothie Cleanse by JJ Smith (2014): Food list A 10-day detox/cleanse made up of green leafy veggies, fruit, and water. Full (green smoothies for all meals) or modified (one solid meal. 10 Day Green Smoothie Cleanse - Smoothie - 10 Day Green ... Certified GSC Leader ready to help you get through your 10 day green smoothie cleanse. Following the program by JJ. Smith.

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