



# **10 day green smoothie cleanse: How to Detox Your Body, Lose Weight and Increase Your Energy with Delicious Green Smoothies(Best Smoothie Recipes, detox ... Cleanse, lose weight, sugar detox Book 2)**

*Jenny Brock*

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## **10 day green smoothie cleanse**

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### **How to Detox Your Body, Lose Weight and Increase Your Energy with Delicious Green Smoothies(Best Smoothie Recipes)**

The ten-day green smoothie weight loss and cleanse included in this book is an easy to read and understand version of one of the more popular diet regimens to hit North America in a decade.

**Practical and easy to follow, the nutritional plan enclosed with give you:**

- Important nutritional information about the ingredients that you will be using
- How detoxification helps in better health and weight loss
- Tips for making the green smoothies as tasty as they can be
- How to move on with your diet after the ten-day cleanse is done

We have even included how you can modify the plan to suit your needs, if you find it too hard to commit to the full cleanse. And as always, we recommend that you talk to your doctor before beginning any nutritional plan.

You cannot go wrong trying this ten-day green smoothie cleanse—who doesn't need more energy and with the added bonus of weight loss, you will be looking and feeling your best in just ten days.

Download your copy of **10 day green smoothie cleanse** by scrolling up and clicking "**Buy Now With 1-Click**" button.

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