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THE 30-DAY GREEN SMOOTHIE CHALLENGE | SIMPLEGREENSMOOTHIES.COM 7 If the 30-Day Green Smoothie Challenge sounds interesting to you, but you havenâ€™t ... â€™ve been on the green smoothie way of life for the past several weeks and Iâ€™m hooked! Since Iâ€™ve started the green smoothie chal-

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back to focusing on my life dreams and goals. Introduction xiii. The 10-Day Green Smoothie Cleanse is a detox pro-gram that will help you lose weight, increase energy, ... green smoothies change the lives of so many people, including my own family and friends. Iâ€™ve had thousands

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[PDF] Green Smoothies for Life PDF Free Book Synopsis A brand-new meal plan that will assist readers with incorporating green smoothies into their everyday routine while developing healthier long-term eating habits and improving their overall health. More than a weight loss plan, the 10-Day Green Smoothie Cleanse, designed by nutritionist and ...

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In her new book, Green Smoothies for Life, the highly anticipated follow up to the #1 New York Times bestseller 10-Day Green Smoothie Cleanse, Smith presents a way that green smoothies can be incorporated into your daily regimen. With over thirty recipes for everything from hot dinners to desserts and snacks, sixty thoughtfully composed green ...

### **Green Smoothies for Life | Book by JJ Smith | Official**

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ALSO BY VICTORIA BOUTENKO Raw Family (with the Boutenko family) 12 Steps to Raw Foods Raw Family Signature Dishes Green Smoothie Revolution

## **Green Smoothie Revolution Raw Family Signature Dishes 12**

It's time to get blending! The 30-Day Green Smoothie Challenge is full of so many great recipes we just couldn't resist making cute recipe cards to go with them.

### **RECIPE CARDS - [cdn.shopify.com](https://cdn.shopify.com)**

Answer: The 10-day green smoothie cleanse is a more intense detox regimen, with a lot more restrictions and intense detox symptoms. However, with JJ's 30-Day Challenge, you still get to detox the body, but

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In her new book, "Green Smoothies for Life," the highly anticipated follow up to the #1 "New York Times" bestseller "10-Day Green Smoothie Cleanse," Smith presents a way that green smoothies can be incorporated into your daily regimen.

### **Green Smoothies for Life by J. J. Smith (2016, Paperback**

The GREEN SMOOTHIES FOR LIFE book has the detailed regimen for the 30-Day Program, with a daily meal plan, recipes, shopping lists, checklists and all!! # GSL # GreenSmoothiesForLife All 3 books are in ALL STORES NOW...

