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10 Day Menu Jj
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Green Smoothie Cleanse 10 Day

This is the ONLY
OFFICIAL group created
by and managed by Jj
Smith and her team
each and every day.
This group is for those
participating in the

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10-Day Green Smoothie Cleanse - Facebook

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,

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meat, and caffeine to give your body a much needed “break” and allow it to work on others things AKA burn fat.. More substantial than a juice cleanse, the green smoothies are based with kale ...

I Tried the 10-Day Green Smoothie Cleanse and This Is What ...

Yes, simply adding one green smoothie to your normal diet for one

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week will give you
more energy and help
you naturally crave
healthier foods all day
long. WHY OUR GREEN
SMOOTHIE CHALLENGE
WORKS Join the 7-Day
Green Smoothie
Challenge for tasty +
nourishing recipes, a
shopping list and a
support group to
answer your questions.

**Green Smoothie
Challenge (FREE!) |
Shopping List +**

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The cleanse was designed as a smoothie (blending) cleanse so also bear that in mind. It would not be too much to scale the recipes up 1.5x it's also fine to drink them in the quantities stated now. Each drink should be about 12 ounces.

3 Day DIY Detox Cleanse | Amy Treasure

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10 Day Menu List

For more smoothies spirulina would pair well with, check out our Hide Your Kale Smoothie, 5-Ingredient Detox Smoothie, Ginger Colada Green Smoothie, and Creamy Cucumber Pineapple Smoothie! If you try this recipe, let us know! Leave a comment, rate it, and don't forget to tag a photo #minimalistbaker on Instagram so we can

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see. Cheers, friends!

Green Spirulina Smoothie | Minimalist Baker Recipes

This three day cleanse and detox is designed to kickstart a healthy eating plan and cleanse your system. Be sure to drink plenty of water while completing the Three Day Cleanse and Detox. We recommend drinking four 12-ounce

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glasses per day of either spring, filtered, or distilled water. Avoid flavored or sweetened water.

Three Day Cleanse & Detox - Skinny Ms.

3 Steps to turn a green smoothie into a meal.

The key to replacing meals with green smoothies is including healthy fats AND proteins. Healthy fats and proteins are the way to go if you want

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Smith
to power up with a
green smoothie meal
replacement.

Meal Replacement Smoothie - Simple Green Smoothies

1. Green Tea. Share on
Pinterest. Green tea is
one of the most well-
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Probiotics, Clean

Green, 30 Servings

Visit the Amazing

Grass Store 4.5 out of

5 stars 5,918 ratings

Amazon.com : **Amazing Grass** **Green Superfood** **Detox & Digest ...**

Here was my
approximate schedule:

8 am: green juice, 10

am: P.A.M., 12 pm:

green juice, 3 pm:

spicy lemonade, 5 pm:

C.A.R., and 7 pm:

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almond milk. Below are the recipes I used for my 3-day DIY juice cleanse. (These recipes are based on posts from Home Fitness Manual and Organic Beauty Talk.

How to Do a 3-Day DIY Juice Cleanse: Recipes & Strategy

And we've made the 7-day super cleanse ever-so easy, with a daily eating plan that re-uses foods from day

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Smoothie

to day, thus saving you shopping time and money. Your 7-day super cleanse instructions: Drink at least 1.5 liters a day: have water, with or without a dash of fresh lemon juice, at every meal; sip on unlimited, unsweetened herbal teas.

**7-Day Smoothie
Detox Diet: Lose up
to 10 Pounds (Full
Menu ...**

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10 Day Menu - li
Smoothie

Made with bananas,

cashews, grade A maple syrup, and raw cacao powder, this smoothie is a wonderful sweet treat for anyone following a raw vegan diet. If you want to amp up the health benefits and add a little kick to this smoothie, we encourage you to add a dash of cayenne. Get on that sweet heat train!

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Raw Vegan Chocolate Banana Smoothie - Dherbs.com - Recipes

A good smoothie is one of the best ways to start your day. Aside from being delicious, smoothies can be full of good fats and protein that can give you a good boost of energy for the day ahead. The almond milk and avocado gives this blueberry

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vegetarian smoothie
some healthy fats
which provide a
luxurious creaminess
to this smoothie.

Easy Vegetarian Recipes - The Awesome Green

Organic produce is the way to go when making a green smoothie, since you don't want herbicides and pesticides to impede your detox progress. [hr] 6. On

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Your Mark Smoothie.

Smith
This is a morning smoothie that is sure to get you revved up and ready to face the day. It's loaded with foods that will have a detoxifying effect on your body as well ...

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