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The 10-Day Green Smoothie Cleanse is a ten-day detox program made up of leafy veggies, fruit and water The 10-Day Green Smoothie Cleanse will help you lose weight, increase energy, reduce cravings and improve overall health 10-Day Green Smoothie Cleanse by JJ Smith

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You can use super-nutrient smoothies to detox off 20 lbs in 10 days! Dinner CHOOSE ONE DAILY Snack O ur nutrition team worked with JJ Smith to create this special version of her 10-Day Green Smoothie Cleanse featuring the recipes that help women lose weight the fastest While using this plan, be sure to drink plenty of water and all the tea you can use super-nutrient smoothies to detox off 20 lbs in 10

Aug 10, 2020 · What that means is, below you will find green smoothie recipes, along with regular meal recipes For the next 10 days, the "rules" are simple: 1 Fast in the morning, which basically just means skip breakfast 2 Have a Green smoothie for lunch (recipes below, choose one each day) 3 Have a healthy high-fat dinner (recipes below, choose Welcome to the 10-Day

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There is a shopping list for the entire 10 days but you only want to buy fruits and veggies for 5 days at a time so expect to shop twice during the 10-day cleanse Therefore, the list is broken down into the first 5 days and

the last 5 days This is the list to use JJ Smith's official ten smoothies 10-Day Green Smoothie Cleanse Grocery List & Smoothie

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