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10-Day Green Smoothie Cleanse - WordPress.com

Contents Introduction 1. What Is The 10-Day Green Smoothie Cleanse? 2. Why Green Smoothies? 3. Getting Prepared 4. How To Do The 10-Day Green Smoothie Cleanse Apr 10th, 2021

10-Day Green Smoothie - Atlanta

You May Snack On Apples, Celery, Carrots, Cucumbers, And Other Crunchy Veggies That Are ... Read Each Question And Give Yourself One Point For Every Yes Answer. Do You Crave Sweets, Bread, Pasta, White Rice, And/or Potatoes? ... Let's Do It! Days 1, 2, 3 Will Be The Most Challenging Part Of Your Experience. It Is A Time Of Readjustment Jun 17th, 2021

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The 10-day Cleanse Is A Truly Health-transforming Experience. Here Are The Basic Guidelines: 1. Each Day You Will Drink Up To 72 Ounces Of Green Smoothies Per Day. Simply Prepare Your Entire Days' Worth Of Green Smoothies In The Morning And Pack It Up To Jun 17th, 2021

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