

10 Day Green Smoothie Cleanse: Delicious Smoothie Recipes To Shed 15+ Pounds In 10 Days

Michelle Bakeman

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Michelle Bakeman : 10 Day Green Smoothie Cleanse: Delicious Smoothie Recipes To Shed 15+ Pounds In 10 Days before purchasing it in order to gage whether or not it would be worth my time, and all praised 10 Day Green Smoothie Cleanse: Delicious Smoothie Recipes To Shed 15+ Pounds In 10 Days:

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there are absolutely no instructions on how to go about this cleanse. Do you eat anything else, how much water do you drink, etc. If you're familiar with doing a cleanse I guess you would understand but if this is your first time you feel kind of lost.

Are you tired of trying useless diets in an effort to get healthy and lose weight? Well, so am I. This recipe book is filled with delicious smoothies to help you shed up to 15+ pounds in just 10 days! Say goodbye to silly diets and cleanse your body. You will feel healthier, more energetic, lose weight, and even reduce food cravings. 10 days begin now, let's get started!