

10 Day Green Smoothie Cleanse Journal Diet Tracker A Must Have For Everyone On The 10 Day Green Smoothie Cleanse By Jj Smith

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✓ Verified Book of 10 Day Green Smoothie Cleanse Journal Diet Tracker A Must Have For Everyone On The 10 Day Green Smoothie Cleanse By Jj Smith

Summary:

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10-Day Green Smoothie Cleanse by JJ Smith (2014): Food list 10-Day Green Smoothie Cleanse (2014) is a 10-day detox/cleanse made up of green leafy veggies, fruit, and water. 10-day cleanse â€œ either full (green smoothies and light snacks) or modified (green smoothies and snacks and a non-smoothie meal a day). Continuing to lose weight / lifetime diet.

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