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Home - JJ Smith
The New York Times
bestselling 10-Day
Green Smoothie
Cleanse will jump-start
your weight loss,
increase your energy
level, clear your mind,

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and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them.

The Green Smoothie
Diet: 10 Day Green

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- Ji Smith Serri
1. The 10 Best Green Smoothie Recipes for Weight Loss: #1. Metabolism Boosting Green Smoothie. #2.
 2. Scrub Yourself Clean Green Smoothie. #3.
 3. Purple Passion Green Smoothie. #4.
 4. Grown Up Strawberry Banana Green Smoothie. #5.
 5. Apple Pie Green Smoothie. #6.
 6. Electric

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Green Boost. #7.
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Sweetie Pie Green ...

Sample Recipe: 10-Day
Green Smoothie
Cleanse - Tips on ...
The 10-Day Green
Smoothie Cleanse is
helping tons of people
who want to take on a
practical and doable
cleanse and reap the
rewards! I've actually
done the cleanse myself

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a couple times and love it. I've even had many cleansers tell me they have repeated it a few times over the year.

Top 10 Green Smoothie Recipes for International Green ...
10 Day Green Smoothie Cleanse For Weight Loss:10 Day Diet Plan+50 Delicious Quick & Easy

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Loss.: Step by Step
Guide For The 10 Day
Smoothie Diet + 50
Delicious Weight Loss
recipes. by Tanya
Simons. 3.8 out of 5
stars 5. Kindle \$0.00 \$
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Smoothie
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Cleanse is a 10-day detox/cleanse made up of green leafy veggies, fruit and water. Green Smoothies are filling, healthy and you will enjoy drinking them.

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

10-Day Green
Smoothie Cleanse

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(2014) is a 10-day detox/cleanse made up of green leafy veggies, fruit, and water. 10-day cleanse – 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 – unprocessed, lots of

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produce, healthy fats,
low sugar.

FREE FULL GUIDE:

10-Day Green

Smoothie Cleanse by JJ
Smith ...

About the 10-Day
Green Smoothie

Cleanse "This is more
than a diet, it is a
lifestyle change."

Amazon.com: 10 day

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green smoothie
The 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them.

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JJ Smith Sorri
10-Day Green

Smoothie Cleanse by JJ
Smith (2014): Food list
10 Day Green Smoothie
Cleanse Recipes Apple
Berry Green Cleanse.
The Apple Berry Green
Cleanse recipe is a mix
of spinach, spring
greens,... Pineapple
Spinach Green
Cleanse. Smith claims
this recipe gives the

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traditional green
smoothie... Pineapple
Berry Green Cleanse.
This recipe uses
pineapples, ...

10-Day Green
Smoothie Cleanse: JJ
Smith: 9781501100109

...

Top 10 Green Smoothie
Recipes: International
Green Smoothie Day.
Today (15th August) is

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Officially International
Green Smoothie Day.

So what could be better than sharing my top 10 green smoothie recipes with you. If you've never had a green smoothie before, you've been missing out!

10-Day Green
Smoothie - Atlanta

The cleanse is a 10-day

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detox of processed foods, dairy, 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, spinach and other leafy greens and are then mixed with various fruit

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combinations, which make the smoothies quite yummy unlike their bright green appearance.

10-Day Green
Smoothie Cleanse
Review| Days 1-5 Snack
ideas + Tips
What others are saying
Here are 13 amazing
green smoothie cleanse
recipes to detox, lose

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weight, boost energy,
and increase overall
health 10 days of
torture for the promise
of a pound weight loss
or a life-changing
cleanse to start your
healthy lifestyle?

10-Day Green
Smoothie Cleanse
Public Group |
Facebook
My 10-Day Green

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Video Review!! Whew 5 days down 5 more to go!! I can do this. YOU can do this! You guys know how I'm such a sucker for diets, detoxes and cleanses! I don't know why. Maybe it's the challenge of it all. Smack a number on a diet or detox and I'm game! So now ...

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Top 10 Detox Tips &
My 10-Day Green

Smoothie Cleanse ...

Ingredients: 1

tablespoon chopped
kale leaves. 1

tablespoon spinach
leaves. 1 1/2 cups soy,
almond or cow's milk
(I tried it w/ soy a few
times and decided I'd
like it w/ coconut milk
finest). 1 frozen
banana. 2 tsp honey. 1

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Tbsp all-natural peanut
butter. Blend all
ingredients except ice
in ...

J.J. Smith's Green
Smoothie Cleanse
Recipes | The Dr. Oz
Show

? SUBSCRIBE HERE:

<http://bit.ly/divascancookfan>
Here's my take on
days 1-5 of the 10-Day
Green Smoothie

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Cleanse! Days 1-3 I felt
like I was in rehab!

Day 4-...

10 Day Green Smoothie
Cleanse Review

(UPDATE: 2019) | 7 ...

The New York Times
bestselling 10-Day
Green Smoothie

Cleanse will jump-start
your weight loss,
increase your energy
level, clear your mind,

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and improve your overall health. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them.

10 Green Smoothie
Recipes for Quick
Weight Loss
10-Day Green
Smoothie Cleanse has

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767,655 members. This
is the ONLY

OFFICIAL group
created by and
managed by JJ Smith
and her team each and
every day.... Jump to

10-Day Green
Smoothie Cleanse
Review

J.J. Smith's Green
Smoothie Cleanse
Recipes Lose weight

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and feel healthier in
just 10 days with
nutritionist J.J.

Smith's green smoothie
cleanse. Swap out your
normal meals for
smoothies and
unlimited nonstarchy
veggies that pack a
punch and help boost
your metabolism.

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