



Green Smoothie Cleanse: Detox, Lose Weight and Maximize Good Health with the World's Most Powerful Superfoods

Lisa Sussman

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CLEANSE THE GREEN WAY

Unleash the power of leafy greens for a one-of-a-kind cleanse that doesn't leave you starved or deprived.

The easy-to-follow program in this book packs key vitamins, minerals and antioxidants into tasty and healing smoothies, including:

- **Spinach and Chocolate**
- **Collard Waldorf Salad**
- **Kale Green Goddess**
- **Mustard Greens Curry**
- **Parsley Chai Latte**
- **Bok Choy Stir-Fry**

With tips on preparing smoothies ahead of time and transitioning on and off the cleanse, this book will transform you from head to toe. By drinking ultra-nutritious, delicious superfoods, you'll feel amazing inside and out as you achieve:

- **Weight loss**
- **Detox**
- **Clear skin**
- **Stronger immunity**
- **Increased energy**

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Brad Black:

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Andrew Comer:

The reason? Because this Green Smoothie Cleanse: Detox, Lose Weight and Maximize Good Health with the World's Most Powerful Superfoods is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will jolt you with the secret that inside. Reading this book beside it was fantastic author who also write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this any more or you going to regret it. This unique book will give you a lot of advantages than the other book get such as help improving your skill and your critical thinking means. So , still want to hold up having that book? If I were being you I will go to the e-book store hurriedly.

Lillie Granado:

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