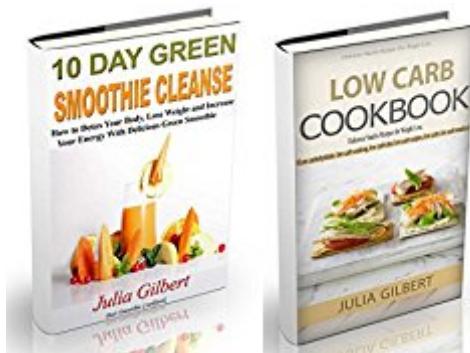


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# 10 Day Green Smoothie Cleanse: Detox Your Body With 10 Day Green Smoothie Cleanse And Lose Weight With Low Carb Cookbook (smoothies, Green Smoothie Recipes, ... Cookbooks, Smoothies , Sugar Detox)



## Synopsis

10 Day Green Smoothie CleanseSale price. You will save 66% with this offer. Please hurry up! Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, smoothie recipes, low carb) 10 Day Green Smoothie Cleanse How To Detox Your Body, Lose Weight And Increase Your Energy With Delicious Green Smoothie. Best Smoothie Cookbook Are you tired of feeling sluggish, tired, and downright unhealthy?Would you like to try out a cleanse but you're not sure how to go about it?Then you should pick up this book on the detoxifying green smoothie diet! The green smoothie diet consists of smoothies made with green leafy vegetables and additional fruits to sweeten them up for your enjoyment. These smoothies are delicious and amazing for your body, giving you health benefits that you never thought changing your diet could give. Detoxifying diets are great for your hair, skin, nails, and your overall well-being. Here is a preview of what you'll learn: How to do a full cleanse for ten days. How to do the modified cleanse for ten days if you have health complications. How to break your cleanse. How to lose weight after the cleanse. Over ten green smoothie recipes, one for every day! The benefits of a green smoothie diet. And much more! Low Carb Cookbook Delicious Snack Recipes for Weight LossDo you want to add some new recipes added to your cooking repertoire? Would you like to learn some unique ways of cooking low carb foods? Would you also like to know which foods are high in carbs and which ones are not? Well, you have come to the right place! This book will give you a brief synopsis of what carbohydrates are and how they affect the body. You will learn what kinds of foods are high in them and which ones are not. You will also learn what carbs can do to your body if they are consumed too much. This is an easy to read guide that is fun to evaluate for cooking fanatics. You will learn about new recipes that you never heard before and recognize old ones from your own mental kitchen. Once you hear some of these recipe ideas you will be pleasantly surprised at what can be accomplished in the kitchen! Download your copy of "10 Day Green Smoothie Cleanse" by scrolling up and clicking "Buy Now With 1-Click" button. Tags: 10 days green smoothie cleansing, detox smoothies, cleanse, detoxing, smoothies, best cookbook, Smoothie, Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, lose weight, detox body, lose pounds, smoothie diet, fruity green smoothie, healthy smoothie, increase energy, reduce cholesterol, The Truth about Sugar, Sugar Addiction, Understanding Sugar Detox and its Benefits, Start the 21-Days Sugar Detox, Healthy Sugar-Free Recipes, beginners, easy guide, Low carb, cookbook, low carb cookbook, low carb diet, low carb snacks, low carb recipes, low carbohydrate, low carb cooking, weight loss, snacks, recipes, snack recipes, low carbs, low carb snacks, low carb cooking, salads, side-dish, super easy, sure-to-please, easy recipe, low carb diet,

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## **Customer Reviews**

I'm not overweight, but interested in a healthy lifestyle. The book is useful not only for those who want to lose weight, but in general to all, regardless of age. In particular, I would advise her youngest, who is still quite large reserves of strength in terms of health. It was written based on the scientific achievements in various fields: medicine, psychology, physical education, but it is very easy to read, because the material is presented not only competently, but is designed for people

who have no special education. The author is clearly good literary skills, plus the fact that he is a very competent doctor. And I was pleasantly surprised that in this thick book - is the lack of grammatical errors. Now it is very rare, even in fiction.

Detoxification is very beneficial to our overall wellness. And so, if you are looking for some ways to detoxify, then you've found the right book. This will provide you with smoothie recipes which you will definitely enjoy while restoring your health and lose weight at the same time. This box set also includes low carb cookbook which consists of delicious snack recipes you will surely love. This is definitely a recommendable collection everyone should have.

Very interesting book! The 10 day green smoothie cleanse book, gave me an idea of what I should start with and it also gives a tip about the changes that you'd feel during the cleanse. Reading book like this is giving me a lot of information about the alternative way of reducing weight by using and drinking smoothie and it has a great concept that you will easily learn and understand. This book is very useful!

These books are very useful for your health. Learn how to cleanse your body with a green cocktail. It consists of green leaves and fruits. This cocktail is delicious and healthy. This diet is good for your hair, skin and your overall well-being. Learn tasty recipes for weight loss. About products high in carbohydrates

Anyone who is watching their weight! I am fond of a healthy diet because it's important for me to keep up the figure and your health. Many books write about healthy food, but some do not separate food and dishes. In this book I found many easy recipes that make my life easier!

I'm a skinny person, but that's only because I play sports. I eat moderately. But my mom really wants to get rid of some pounds. And I am very happy that I found this book. My mom was surprised when I saw similar recipes. It is not exercising because it can be harmful because of the nature of health, but she believes that with the right diet she can lose weight. And I believe too. Thanks to the author for this interesting book.

The first guide, if you are planning on starting a healthy diet, then you need to download these two essentially books in one that both offer truly great and truly helpful tips to eating and drinking

healthily. The first book is an ideal guide to own with useful and helpful tips on making refreshing smoothies that taste great and will have you feeling healthy in no time, you will be truly fit and feel all the more better for it, you're life will be drastically changed, trust me, mine was and I've never looked back since. The second guide, if you are looking to go on a low carb diet but you're not sure how to do it or what's the right food to eat with low carbohydrates, then this helpful and useful guide is the essential cookbook to download. It offers great advice and insightful information with the perfect recipes for very appetizing, very tasty and most of all, very healthy snacks that will fill you up and keep the carbs down. You will be feeling fitter and healthier in no time after taking up this diet. I sure am after cutting down on the carbs and eating the natural, all good menus on offer in this great book. I'm planning on trying out every last single recipe it contains. These two great guides in one are certainly an interesting read if you are planning to go on a healthy diet. I highly recommend downloading this, you will be feeling fitter in no time

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10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Alkaline Smoothies: Lose Weight & Supercharge Your Health with Green Smoothies and Vegan Protein Smoothies (Nutrition, Alkaline Diet, Weight Loss Book 1) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In

Under 30 Days! Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) Low Carb: Proven Low Carb Homemade Cookbook That Will Help You Lose Weight Without Starving! (Includes High Protein and Low Carb Diet Recipes That Will Promote Rapid Weight Loss) Green Smoothies for Weight Loss: Inexpensive, Simple Green Smoothies Recipes for Weight Loss That Gain Energy, Lose Weight and Make You a Healthier Person Free Cookbooks: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Free Cookbooks, Free, Cookbooks, Recipes, Easy, Quick, Cooking,) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Atkins Diet For Beginners: LOW CARB DIET: Secrets To Weight Loss The Healthy Way (Atkins Diet Carbohydrate Gram Counter With Cookbooks And Recipes ... (Atkins Low Carb Weight Loss Diet) (Volume 1) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Dump Meals: 30 Tasty, Easy and Healthy Dump Dinner Recipes You Won't Believe Are Actually Low Carb: Low Carb Dump Meal Recipes For Weight Loss, Energy and Vibrant Health (Clean Eating) Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping)

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