



# **Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss: (Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox)**

*Olivia Gonzalez*

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Olivia Gonzalez

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## Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss

*(Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox)*

The **juicing detox recipe** smoothie regimen is made up of a **balanced mix** of **natural fruits, green leafy vegetables, healing tea and water** that help you detoxify the toxins stored in the fat cells of your body. **The most effective weight-loss program should focus on both fat loss and detoxification**--these will ensure your general improved health and wellness.

Some specific natural green smoothies can help heal the body naturally, and, according to Smoothie Nutrition experts, "You will never need to count calories or follow complicated and expensive diet plans again, because your body would acclimatize to healthy natural foods!"

### **Follow the 10-Day Green Smoothie Detox Diet Plan:**

- For the Full cleanse regimen, eat **ONLY** smoothies, snacks, tea and water for 10 days.
- Follow the full cleanse righteously for **ONLY** 2 weeks at a go!
- For the Modified cleanse regimen, eat 1 smoothie cuisine for breakfast, 1 smoothie for lunch, 1 healthy meal for dinner, tea or water as meals; for 10 days.

### **The Do's:**

- Start your morning everyday by drinking a few glasses of water.
- Your second everyday meal should be green detox tea to follow; as it helps liver and kidneys cleanse.
- Drink 1/3 of your smoothie recipe (12-16 ounces) every 3-4 hours throughout the day or sip it when hungry.
- Chew your smoothies to avoid gas and bloating.

### **The Don'ts:**

- Avoid processed foods e.g. refined sugar, donuts, pastas, etc.
- Avoid dairy cheese, meat, milk, etc.
- Avoid fried foods, sodas, liquor and coffee.

### **This Recipe book contains:**

- Over 90 green smoothie recipes for effective weight loss.
- 10-day Green Smoothie cleanse & detox plan.
- Green Smoothie general diet plan.

- 22 Smoothie recipes for natural cleanse, and,
- 7 tips for your 10-day green smoothie cleanse.

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The reason? Because this Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss: (Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox) is an unordinary book that the inside of the publication waiting for you to snap this but latter it will shock you with the secret it inside. Reading this book next to it was fantastic author who all write the book in such amazing way makes the content inside of easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This book will give you a lot of benefits than the other book have got such as help improving your expertise and your critical thinking means. So , still want to delay having that book? If I had been you I will go to the reserve store hurriedly.

#### **Kimberly Duda:**

Is it a person who having spare time after that spend it whole day by means of watching television programs or just resting on the bed? Do you need something new? This Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss: (Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox) can

be the response, oh how comes? It's a book you know. You are consequently out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these guides have than the others?

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