



Green Smoothie Cleanse: How to lose 10 pounds in 10 days and feel better than ever

Katie Williams

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Wouldn't it be great if losing weight was only a green smoothie a day away?

As far as it can be remembered, people have done different, and sometimes outrageous, things to lose weight and feel better about themselves. Some of these dieting tactics are outlandish, while others are extremely dangerous; even life threatening. As any professional will tell you, the key to getting healthy is creating a lifestyle that will lead to a permanent changes.

This book is going to give a delicious kick start to get you going on your journey to health. There are tons of great recipes that will make losing weight fun and easy.

What you will learn:

- How to prepare for you 10 day cleanse
- Recipes for every day of the week
- Detox strategies
- Why Green Smoothies are optimal for cleansing
- And bonus recipes!

So if you are ready to shed some extra pounds and start feeling incredible, download this book today.

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