

# **Download Green Smoothie Diet Recipes 100 Great Juicing Recipes Lose Up To 10 Pounds In 10 Days**

"I lost 56 pounds on a green smoothie diet." Find out how you can too, take the 7 day Green Thickie Challenge and find many delicious smoothie recipes. Looking to step up your healthy nutrition? Kale is perfect - extremely rich in nutrients, and as part of these 15 smoothie recipes it actually tastes delicious! 10 juicing recipes for weight loss that will help you lose pounds safely plus actionable tips to help you get started right now. 10-Day Green Smoothie Cleanse (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).