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

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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.