



7-Day Green Smoothie Cleanse: How to lose 10 pounds in 7 days and feel better than ever

Emily Ryan

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My new 7 DAY DIET PLAN will help you reach your ideal weight, dramatically improve your health and gain energy naturally. This diet plan is different to any other diet you have ever done.

How to lose 10 pounds in 7 days and feel better than ever

Introduction

Chapter 1 Green Smoothies

Chapter 2 Green Smoothie Cleanse

Chapter 3 Green Smoothie Cleanse Food Guide

Chapter 4 Green Smoothie Cleanse Day 1-2

Chapter 5 Green Smoothie Cleanse Day 3-5

Chapter 6 Green Smoothie Cleanse Day 6-7

Tips to Continue the Benefits after the 7-Day Green Smoothie Cleanse

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Lois Araiza:

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