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10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing And Delicious Recipes



JWILLIAMS



Synopsis

Did you enjoy the 10 Day Green Smoothie Cleanse? How about all the recipes included in the book, could you use a few more? Here are 30 more exciting and delicious green smoothie recipes for your weight loss goals, as well as for healthy and nutritious living. [SAMPLE RECIPE] MANGO SALSA GREEN SMOOTHIE This smoothie strikes a beautiful balance between sweet, spicy and savory. With the sweetness of mango blended with the jalapeno pepper and other greens this smoothie has a lot of antioxidant and other vitamins and minerals that promote energy, decrease heart disease and promotes healthy skin and hair. Serves: 3 INGREDIENTS: 4 cups fresh or frozen mango 2 cups filtered water ½ cup fresh cilantro ½ cup dandelion greens (optional) ½ cup cucumber, peeled 2 ½ tbsp freshly squeezed lime juice 2 tsp jalapeno pepper 1 ½ tsp red onion ½ tsp Celtic sea salt DIRECTIONS: 1. If fresh mango is used, add 2 cups of ice. If using fresh mango, peel and slice mango into small portions. 2. Wash and chop cilantro, cucumber and jalapeno pepper. 3. Peel and chop red onion into small pieces. 4. Ingredients can be adjusted by adding more salt, jalapeno pepper, red onion or lime juice, add according to taste. 5. Place all ingredients in blender, process until smooth. 6. Serve immediately. [Click the Cover "Look Inside" for More Sample Recipes!] Note: This book is not affiliated nor endorsed by JJ Smith's awesome book, 10-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 Days! This recipe book is a supplement to Ms. Smith's book which has been created by someone who enjoys green smoothies. I hope that you will like that this recipe collection book provides green smoothie recipes in a straightforward manner without having to struggle through a lot of text. This book is all about the recipes, some new, some old, but still great tasting and healthy!

Book Information

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Customer Reviews

Lies and deception. "Author: JJ Smith" (not really, jk. buy my book anyway) I don't know how an author identified as J Williams on the cover image can post their author identity right under the title as JJ Smith. And nobody seems to care. I care. I don't care if the recipes are good, bad or indifferent. I don't care if they follow the JJ Smith philosophy or not. I just don't like to be lied to. I don't like that doesn't have a report button that seems to work to point this out.

This book of information is well put together. I loss 10lbs in 6 days utilizing the modified version.I recommend this book to anyone who is trying to change their eating habits and who is trying to kick the sugar addiction. After this fast my taste for sweets took a nose dive. This book is on point. Try it, it works!!

I followed the ten day green smoothie detox and must say the smoothies were good! The recipes provided the right mix of fruit and vegetables to create a great tasting smoothie. I lost seven pounds following the ten day green smoothie detox!

I love the green smoothie diet and I follow it today. I have lost 16 pounds in the 1st month and I'm looking forward to continued weight loss

I would give this book negative five if I could because they lied about who they are I will be reporting to for the dishonesty and will ask for a refund thank you!!!!

Really good stuff. Easy to use & understand the book. Great tasting. Could be costly but that's to be expected. The only thing is, you can't do this forever. I did this alone for 10 days and lost 6 pounds. But I missed being a regular person, eating real food. I plan on trying it again but will have to eat a

sensible lunch or dinner with it.

Lost 30 lbs in 28 days following modified plan.

Even if I do not do the green smoothies everyday this taught me to incorporate more fruit and vegetables into my diet. The green smoothies do make it easy to do just that when it is difficult to be getting enough fruit and vegetables in on a daily basis.

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