



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

By Olivia Gonzalez

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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:***

7 tips for your 10-day green smoothie cleanse.

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Editorial ReviewUsers Review**From reader reviews:**

Adam Nelson:This book untitled Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss: (Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox) to be one of several books this best seller in this year, that is because when you read this book you can get a lot of benefit in it. You will easily to buy this kind of book in the book store or you can order it by way of online. The publisher on this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Smart phone. So there is no reason to you personally to past this e-book from your list.

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