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JJ Smith

Author of the national bestseller *LOSE WEIGHT WITHOUT DIETING OR WORKING OUT!*

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Smoothie Ingredients 1 2 cup water 1 2 cup nonfat cottage cheese 1 cup pomegranate juice 1 medium banana 2 cups frozen mixed berries 2 cups ice if using fresh berries Instructions 1 Place all ingredients into the blender and secure lid 2 For Blendtec Press the SMOOTHIE button 3 For Vitamix Select VARIABLE speed 1 Turn machine on and slowly increase speed to VARIABLE speed 10 then flip to high Blend for 45 seconds or until desired consistency is reached Grab the book for more recipes now **10 Day Green Smoothie Cleanse : 40 New Beauty Blast Recipes To A Sexy New You Now!** Scott

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Smith,2019-12-24 JJ Smith author of the 1 New York Times bestseller 10 Day Green Smoothie Cleanse provides an all new and accessible detox system that rids the body of unwanted fat and bacteria for renewed energy and lasting weight loss In the tradition of certified weight loss expert and nutritionist JJ Smith s 10 Day Green Smoothie Cleanse Think Yourself Thin and Green Smoothies for Life comes the 7 Day Apple Cider Vinegar Cleanse This revolutionary cleanse includes meals and drinks that help support the body s natural detoxification process and promote a healthy environment for good bacteria in the body All of the new and delicious 25 recipes for breakfast lunch dinner and snacks will effectively help rid of your body of toxins and unwanted fat in just 7 days jumpstarting your journey to permanent weight loss Think Yourself Thin JJ

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