



# 10-Day Green Smoothie Cleanse

By JJ Smith

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## 10-Day Green Smoothie Cleanse By JJ Smith

The *New York Times* bestselling *10-Day Green Smoothie Cleanse* will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health.

Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it!

This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards.

Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse!

*If you successfully complete the 10-Day Green Smoothie Cleanse, you will...*

- Lose 10–15 pounds in 10 days
- Get rid of stubborn body fat, including belly fat
- Drop pounds and inches fast, without grueling workouts
- Learn to live a healthier lifestyle of detoxing and healthy eating
- Naturally crave healthy foods so you never have to diet again
- Receive over 100 recipes for various health conditions and goals

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## 10-Day Green Smoothie Cleanse By JJ Smith Bibliography

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### Editorial Review

#### Review

Here are just a few of the testimonials from those who did the 10-Day Green Smoothie Cleanse:

"I completed my 10 days & lost a total of 15 pounds Woooo-hoooo!! I learned so much about my body and the importance of clean eating in this short time period."

-- Nicole F.

"DAY 10!!!! Feeling super excited at how far I've come!! I've lost 14 pounds and feel amazing!

-- Mya B.

"I'm feeling more energetic, my eyes are clear, and lower back pain has decreased. Today is day 10 and I have lost 13 pounds and have noticed the belly fat melting away."

-- Wilson G.

#### About the Author

JJ Smith is the author of the *New York Times* bestseller, *The 10-Day Green Smoothie Cleanse*, and the #1 national bestseller and *USA TODAY* bestseller *Lose Weight Without Dieting or Working Out!* She is a nutritionist and certified weight-loss expert who has been featured on *The Steve Harvey Show*, *The Montel Williams Show*, and *The Jamie Foxx Show* and on the NBC, FOX, and CW Network television stations, as well as in the pages of *Glamour*, *Essence*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a "second youth" in her forties, JJ has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back! To learn more, check out [www.JJSmithOnline.com](http://www.JJSmithOnline.com).

### Users Review

#### From reader reviews:

##### Jane Moore:

Do you have favorite book? When you have, what is your favorite's book? E-book is very important thing for us to be aware of everything in the world. Each reserve has different aim as well as goal; it means that guide has different type. Some people sense enjoy to spend their time and energy to read a book. They may be reading whatever they have because their hobby is definitely reading a book. Why not the person who don't like looking at a book? Sometime, individual feel need book whenever they found difficult problem or maybe exercise. Well, probably you will need this 10-Day Green Smoothie Cleanse.

##### John Dussault:

Why? Because this 10-Day Green Smoothie Cleanse is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who all write the book in such wonderful way makes the content inside easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of benefits than the other book have such as help improving your skill and your critical thinking way. So , still want to delay

having that book? If I have been you I will go to the publication store hurriedly.

**Robert Maas:**

Playing with family within a park, coming to see the coastal world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. One particular activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love 10-Day Green Smoothie Cleanse, you can enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't buy it, oh come on its referred to as reading friends.

**William Hill:**

Can you one of the book lovers? If yes, do you ever feeling doubt while you are in the book store? Try to pick one book that you find out the inside because don't determine book by its handle may doesn't work at this point is difficult job because you are afraid that the inside maybe not as fantastic as in the outside look likes. Maybe you answer may be 10-Day Green Smoothie Cleanse why because the amazing cover that make you consider about the content will not disappoint an individual. The inside or content is definitely fantastic as the outside as well as cover. Your reading sixth sense will directly make suggestions to pick up this book.

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