



7 Day Detox Smoothie Diet: And Lose Up to 10 Pounds, Book 2

Pennie Mae Cartawick

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Lose up to 10 pounds in seven days with this one-week smoothie diet menu system.

Heal your entire body by flushing away unwanted toxins and shedding fat quickly using these powerful detox recipes. This is a proven combination of nutrient-rich fruit and vegetables that melts away stubborn fat while at the same time giving your body amazing levels of natural energy. This audiobook doesn't just help you to lose weight fast by losing up to 10 pounds in just one week, but also contains the smoothies you need to incorporate into breaking down a seven-day detox diet, which is just as important as what you consume during the detox itself.

This seven-day detox system also adds in many fun and delicious detox smoothie binge desserts throughout the audiobook that actually helps with shredding fat.

As an added bonus, smoothies for pain relief such as migraines, and smoothies that help heal your body from ailments such as the flu are incorporated. Drink fitness, pre-training, and workout smoothies and try our secret add-in protein recipes for an extra boost in metabolism. Don't miss out on the delicious fruit sensation smoothies for those of us with a sweet tooth; and "all" that help rid your body of waste toxins. Cleanse your entire body with lasting results the natural healthy way while losing those stubborn pounds.

Feel healthy, slim down, and look great.

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