



## 10 Day Green Smoothie Cleanse for Weight Loss: Sip Up, Slim Down! Lose Up to 15 Pounds in 10 Days (Paperback)

By Tanya Simons

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You've tried a bunch of fad diets, you've tried just eating healthy, you've forced yourself to eat bland foods that were good for you, but no joy of eating at all. All you need to do is hit a Reset button and have a fresh start. You do not need another fad diet; all you need to do is rethink your approach to food. You need something that will help you get your health back on the right track, boost your energy, and shed pounds without feeling hungry and deprived. Our 10-day Green Smoothie for Weight Loss Program will help you leave your chronic dieting behind for good, and embrace a healthy lifestyle that will make you look and feel better. After a few days of embracing this challenge, you will be 10 pounds lighter! You'll have so much energy that you'll actually want (yes, want!) to exercise. You will start feeling comfortable in your bathing suit and, instead of feeling self-conscious, you will feel sexy! Sure, green smoothies play an instrumental role in weight...

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