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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Green Smoothie Cleanse Journal is a workbook perfect for recording your green smoothie cleanse. Each cleanse is recommended for no more than a week to two weeks. To accommodate this, the workbook is divided into 10 day periods. If you are thinking of doing a green smoothie cleanse, this journal is a perfect way to record your daily exercises, food intake, and personal weight loss goals.



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