



# **Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss: (Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox)**

*Olivia Gonzalez*

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## Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss

*(Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox)*

The **juicing detox recipe** smoothie regimen is made up of a **balanced mix** of **natural fruits**, **green leafy vegetables**, **healing tea** and **water** that help you detoxify the toxins stored in the fat cells of your body.

**The most effective weight-loss program should focus on both fat loss and detoxification**--these will ensure your general improved health and wellness.

Some specific natural green smoothies can help heal the body naturally, and, according to Smoothie Nutrition experts, "You will never need to count calories or follow complicated and expensive diet plans again, because your body would acclimatize to healthy natural foods!"

***Follow the 10-Day Green Smoothie Detox Diet Plan:***

7 tips for your 10-day green smoothie cleanse.

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Benjamin King: A lot of people always spent their particular free time to vacation or go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that's look different you can read a new book. It is really fun in your case. If you enjoy the book which you read you can spent the whole day to reading a e-book. The book Juicing Detox Recipes! 100 Green Smoothie Recipes for Weight Loss: (Your Simple, Energizing & Nutrient-dense Recipes for Cleanse and Detox) it is very good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. When you did not have enough space to deliver this book you can buy often the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not too costly but this book possesses high quality.

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