

10 day smoothie challenge pdf

10-Day Green Smoothie Cleanse (2014) is a 10-day detox/cleanse made up of green leafy veggies, fruit, and water. 10-day cleanse “ either full (green smoothies and light snacks) or modified (green smoothies and snacks and a non-smoothie meal a day).

10-Day Green Smoothie Cleanse by JJ Smith (2014): Food list

Scroll Below To See Full Instructions Along With Our Printable PDF For The 30-Day Ab Challenge. 1) 3 ab exercises with video instructions for each exercise 2) Infographic with visual instructions to follow online

30 Day Ab Challenge For Men & Women For Killer Abs

Food Day 11 Of The Clean Eating Challenge. This is part of a two-week detox plan that will make you feel great. Don't jump into the middle “ start at the beginning here.

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