



# **10-Day Green Smoothie Cleanse (Nuts and Seeds Recipes):: Fast and Easy-to-Cook Recipes: A Low Carb, Sugar, Gluten and Wheat Free: To Help You After Your 10-Day Green Smoothie Cleanse**

*Jessy J. Smith*

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HIGHLY RECOMMENDED FOR THOSE ON THE 10-DAY GREEN SMOOTHIE CLEANSE BY JJ SMITH

Do you want to lose weight fast in 10 days without Dieting?

Do you want to protect yourself against type 2 diabetes, improve PMS symptoms, maintain collagen, reduce your risk of cataracts and macular degeneration, and slow the progression of vision loss?

Do you want to maintain a smooth, supple, and firm skin, strong nails and healthy hair?

Do you want crucial nutrient to improving your cardiovascular health, lower blood pressure, promote bone health, and prevent and manage arthritis?

Have you tried many weight loss program that Don't Seem to Work?

Do you think You are Too obese and Too Old to lose weight in 10 days?

10-DAY GREEN SMOOTHIE CLEANSE (NUTS AND SEEDS RECIPES): Fast and EASY-TO-COOK RECIPES: A Low Carb, Gluten, Sugar and Wheat-Free Cookbook: To Help You After Your 10-Day green smoothie cleanse is a collection of fast and easy-to-cook recipes for anyone on the 10-Day Green Smoothie cleanse, Grain Free Recipes, Gluten Free Recipe, Wheat Free Belly Recipes, Brain Health Recipe, Celiac Recipes, Autoimmunity Recipe, Low Carb Recipes, Sugar Free Recipes.

THEN TRY THESE CLEAN “PLANT-BASE RECIPES”!

The 10-Day Green Smoothie Cleanse is a Phenomenal Program created to help people lose weight in 10 Days. This program is so powerful and life changing, that many people have achieved weight loss.

However, it is sometimes difficult to maintain the weight loss after the 10 day green smoothie cleanse, and that’s why Jessy J. Smith have prepared this healthy and mouth-watering nut and seeds recipes to Assist with weight loss after the 10 day smoothie cleanse.

In This Book you’ll discover lots of plant-base recipes that are healthy, clean, and delicious!

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