



# **50 Green Smoothie Recipes: For Detox, Weight Loss, Boosting Your Energy & Improving Your Immunity!**

*Jennifer Jenkins*

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*Have You Ever Wished You Could Lose More Weight And Regain Your Health... With Lesser Effort And Time?*

Studies show that the #1 killer of weight loss success is the unhealthy buildup of toxins in the body from our environment and the food we eat. It doesn't just drastically damage your overall immunity & health, it dramatically prolongs the time (and effort) it takes for you to lose weight... **by at least twice!**

As a result, we find ourselves working doubly hard just to regain health or lose that extra little weight. It's no wonder why most people find it hard to stay motivated. But the good news is...

**You can literally unlock your body's hidden potential to rejuvenate health and lose 10 to 100lbs -- just by supplementing your diet with the right green smoothies recipes.**

Millions of people around the world are already enjoying healthier and slimmer bodies as a result of the Green Smoothie Diet and now, it's your turn to do the same!

Inside this guide, you'll get:

- **The Top 10 Detox and Cleansing Smoothies** -- Start with these first!
- **The Top 10 Weight Loss Smoothies** -- Believe me, you only need the top 10 to make this work for you (I've lost over 10lbs after drinking these)
- **The Top 10 Immunity Boosting Smoothies** -- Kiss goodbye to those frequent cold or coughs
- **The Top 10 Energy Boosting Smoothies** -- Feel energized throughout the day without caffeine
- **The Top 10 Body Building Smoothies** -- Try out these tasty alternatives to the usual protein milkshake (For bodybuilding fanatics only)

As you'll soon discover, these green smoothies are not just easy to make, quick to clean up after... they also leave you feeling refreshed and energized from the inside out!

And as an added bonus, you'll also receive a **7-day Green Smoothie Plan** to jumpstart weight loss, revitalize your health, and make green smoothie a permanent part of your life!

**So Go Ahead And Grab Your Copy of the 50 Green Smoothie Recipes Right Away!**

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Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the publication untitled 50 Green Smoothie Recipes: For Detox, Weight Loss, Boosting Your Energy & Improving Your Immunity! can be fine book to read. May be it is usually best activity to you.

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#### **Daryl Sanders:**

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