

The book was found

10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing And Delicious Recipes



JWILLIAMS



Synopsis

Did you enjoy the 10 Day Green Smoothie Cleanse? How about all the recipes included in the book, could you use a few more? Here are 30 more exciting and delicious green smoothie recipes for your weight loss goals, as well as for healthy and nutritious living. [SAMPLE RECIPE] MANGO SALSA GREEN SMOOTHIE This smoothie strikes a beautiful balance between sweet, spicy and savory. With the sweetness of mango blended with the jalapeno pepper and other greens this smoothie has a lot of antioxidant and other vitamins and minerals that promote energy, decrease heart disease and promotes healthy skin and hair. Serves: 3 INGREDIENTS: 4 cups fresh or frozen mango 2 cups filtered water 1/2 cup fresh cilantro 1/2 cup dandelion greens (optional) 1/2 cup cucumber, peeled 2 Tbsp freshly squeezed lime juice 2 tsp jalapeno pepper 1/2 tsp red onion 1/2 tsp Celtic sea salt DIRECTIONS: 1. If fresh mango is used, add 2 cups of ice. If using fresh mango, peel and slice mango into small portions. 2. Wash and chop cilantro, cucumber and jalapeno pepper. 3. Peel and chop red onion into small pieces. 4. Ingredients can be adjusted by adding more salt, jalapeno pepper, red onion or lime juice, add according to taste. 5. Place all ingredients in blender, process until smooth. 6. Serve immediately. [Click the Cover "Look Inside" for More Sample Recipes!] Note: This book is not affiliated nor endorsed by JJ Smith's awesome book, 10-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 Days! This recipe book is a supplement to Ms. Smith's book which has been created by someone who enjoys green smoothies. I hope that you will like that this recipe collection book provides green smoothie recipes in a straightforward manner without having to struggle through a lot of text. This book is all about the recipes, some new, some old, but still great tasting and healthy!

Book Information

File Size: 902 KB

Print Length: 140 pages

Simultaneous Device Usage: Unlimited

Publication Date: October 3, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00O66C642

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #14,525 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #33 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Loss #34 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Weight Maintenance

Customer Reviews

Lies and deception. "Author: JJ Smith" (not really, jk. buy my book anyway) I don't know how an author identified as J Williams on the cover image can post their author identity right under the title as JJ Smith. And nobody seems to care. I care. I don't care if the recipes are good, bad or indifferent. I don't care if they follow the JJ Smith philosophy or not. I just don't like to be lied to. I don't like that doesn't have a report button that seems to work to point this out.

This book of information is well put together. I loss 10lbs in 6 days utilizing the modified version.I recommend this book to anyone who is trying to change their eating habits and who is trying to kick the sugar addiction. After this fast my taste for sweets took a nose dive. This book is on point. Try it, it works!!

I followed the ten day green smoothie detox and must say the smoothies were good! The recipes provided the right mix of fruit and vegetables to create a great tasting smoothie. I lost seven pounds following the ten day green smoothie detox!

I love the green smoothie diet and I follow it today. I have lost 16 pounds in the 1st month and I'm looking forward to continued weight loss

I would give this book negative five if I could because they lied about who they are I will be reporting to for the dishonesty and will ask for a refund thank you!!!!

Really good stuff. Easy to use & understand the book. Great tasting. Could be costly but that's to be expected. The only thing is, you can't do this forever. I did this alone for 10 days and lost 6 pounds. But I missed being a regular person, eating real food. I plan on trying it again but will have to eat a

sensible lunch or dinner with it.

Lost 30 lbs in 28 days following modified plan.

Even if I do not do the green smoothies everyday this taught me to incorporate more fruit and vegetables into my diet. The green smoothies do make it easy to do just that when it is difficult to be getting enough fruit and vegetables in on a daily basis.

[Download to continue reading...](#)

Green Smoothies - Top 200 Green Smoothie Recipes: (Green Smoothies, Green Smoothie Recipes, Green Smoothie Cleanse, Green Smoothie Diet, Green Smoothie for Everyday, Healthy Juice) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothie Recipes - Top 200 Smoothie Recipes: (Smoothies, Smoothie Cookbook, Vegan Smoothie, Paleo, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Diet, Juicing, Healthy Food) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! 10 Day Unofficial Detox Green Smoothie Recipe Book: Over 30 Life Changing and Delicious Recipes NUTRIBULLET RECIPES FOR KIDS: 100 Quick and Easy Nutribullet Recipes: Healthy Smoothie Recipes, Nutribullet Recipe Book, Easy Smoothies for Kids, Delicious Smoothie Recipes Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) Red Smoothie Detox Factor: 35 Nourishing Red Smoothie Detox Recipes To Clean Your Gut, Help You Lose Weight And Feel Amazing In Under 30 Days! Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Red Smoothies: 2 Manuscripts - Red Smoothie Detox Factor (Vol.1) + Red Smoothie Detox Factor (Vol. 2 - Superfoods Red Smoothies) 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies) The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1) Smoothie Recipes: Ultimate Boxed Set with 100+

Smoothie Recipes: Green Smoothies, Paleo Smoothies and Juicing SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Depuraci3n Smoothie Verde 10 (10-Day Green Smoothie Cleanse Spanish Edition) (Atria Espanol) Pure Green: 100+ Delicious Green Smoothie Recipes For A Sexier, Healthier, More Vibrant You! Healthy Smoothie Recipe Book: Easy Mix-and-Match Smoothie Recipes for a Healthier You Green Smoothie Retreat: A 7-Day Plan to Detox and Revitalize at Home

[Dmca](#)