



Green Smoothie Cleanse in 3 Days: Secrets To Lose 7 Pounds in 3 Days, Detox, Lose weight And Increase Your Energy Fast

Lisa Johnson

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Going green doesn't just benefit the planet it also benefits the body. Here in this healthy Green Smoothie book is information of how to get your body clean and toxic free. There are delicious affordable easy recipes for everyone. The recipes are so good that you will be inventing reasons as to why you need a smoothie.

The plus to this book is that the weight loss program is a healthy choice as all the recipes are balanced with all the nutrients the body needs to perform at its peak and it is laid out in a day by day meal plan to guide you safely. Thus, the book is beneficial for your health and wellness.

People have followed the guide provided in this book and found it to work:

"I so liked this book! The book hasn't just listed the smoothie recipes but also added the benefits that you will get on those fruits/vegetables as the ingredients on each recipe. The book has started as well with the discussions on the benefits of detox in our body such as."

"Very impressive green smoothies! If you read this book completely and following the recipes and tips, you will be successful!! It tells you what to expect and how you will feel while doing the cleanse."

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From reader reviews:

Mark Shanks:

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Charles Morris:

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Francis Gibbs:

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James Wood:

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