



**Green Smoothies: Green Smoothie Ultimate Guide
for Cleanse Recipes, 10 Days Green Smoothie
Cleanse And Detox Plan (Green Smoothie, 10 day
green smoothie ... smoothie cleanse, green smoothie
diet)**

Alex Rues

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Green Smoothies: Green Smoothie Ultimate Guide for Cleanse Recipes, 10 Days Green Smoothie Cleanse And Detox Plan (Green Smoothie, 10 day green smoothie ... smoothie cleanse, green smoothie diet)

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Understand The Green Smoothie Power on your Day to day Health. Enjoy The Benefits of Veggies in a Simple Easy Way

**** FOR LIMITED TIME** get this Amazon Guide for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.**

Green vegetables are very important for over-all health and well-being. Usually this very important part of the diet is being neglected and often over-looked. Consuming leafy green and other green vegetables and fruits become easier if they are being incorporated into many interesting ways and become part of many well developed and created recipes especially to suit individual requirement and needs.

Consumption of greens through smoothies could be achieved in an individualized manner so to meet individual likes and dislikes and preferences and avoidances. One of the easiest ways to consume vegetables especially the green ones is to optimize your intake of smoothies and add a variety to your meals and enhance your nutritional intake while reducing calorie intake.

Cooking and processing foods destroy many of their beneficial aspects and health giving factors. Consuming fruits and vegetables in the raw form guarantees the wholesome consumption and good supply of nourishment to the body. There is a wide variety of vegetables and fruits to choose from. Daily recommended fruits and vegetables allowance include 6-8 servings. Consumption of these becomes easier if taken through smoothies and in this way you can guarantee to achieve the target positively.

This book consists of Simple Chapters

- Importance of green vegetables
- List of green vegetables
- Benefits of eating vegetables and fruits
- 20 Green Smoothie Detox Recipes
- A Complete Detox Diet Plan
- Much Much More !!

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