

# **Download Diet Smoothie Detox 10 Day Green Smoothie Cleanse Lose Up**

10 Day Green Smoothie Cleanse Claims. You can expect to lose between 10 and 15 pounds during the ten-day detox period, according to the author. The program is also claimed to help you lose that extra body fat without exercise. Lose weight and learn how to detox your body with this 7 day detox diet plan. Includes free downloadable meal planner and lots of detox cleanse recipes. 10-Day Green Smoothie Cleanse (2014) is a 10-day detox/cleanse made up of green leafy veggies, fruit, and water. 10-day cleanse – either full (green smoothies and light snacks) or modified (green smoothies and snacks and a non-smoothie meal a day). You might be wondering how something called a Cleanse & Detox Smoothie could taste good. Some might say that the things that tasted too delicious may have lead you to need a detox in the first place! - Diet Smoothie Detox 10 Day Green Smoothie Cleanse Lose Up