



# **The Green Smoothie Recipe Diet: How to Cleanse and Detox and Lose up to 15 Pounds in 10 Days! (Healthy Diets)**

*J. D. Rockefeller*

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If you are looking to lose weight in a healthy manner, raise your energy levels, improve your overall health and well-being, and detox and cleanse your body, then this book is for you. Also, if you are simply looking for good tasting, healthy green snacks that you can have throughout the day as well as share with your loved ones - snacks that taste good and are good for you too - this book is definitely for you! This book, "The Green Smoothie Recipe Diet: How to Cleanse, Detox and Lose up to 15 Pounds in 10 Days", will not only teach you how to lose those extra pounds in a healthy, easy way but will also guide you through an easy-to-follow detoxification plan that will restore your energy levels and will revive your health. In addition, you will learn many easy-to-make, awesome tasting, green smoothie recipes that will have your taste buds begging for more! It is time to re-energize, revitalize, detox, lose weight and reclaim your body's health. The Green Smoothie Recipe Diet will help you accomplish just that. So let's get started! **IN THIS BOOK YOU WILL LEARN:** CHAPTER 1: What is a Green Smoothie? CHAPTER 2: Green Smoothie Benefits CHAPTER 3: How to Make a Green Smoothie CHAPTER 4: The Green Smoothie Diet CHAPTER 5: How to Do a Green Smoothie Cleanse CHAPTER 6: How to Do a Green Smoothie Detox: The 10 Day Smoothie Cleanse CHAPTER 7: How to Buy, Clean, and Store Green Smoothie Ingredients CHAPTER 8: Choosing Your Blender: The Best Blenders for Smoothies CHAPTER 9: Healthy Green Smoothie Recipes for Weight Loss and Other Goals **BONUS CHAPTER:** Green Smoothie Diet Plan for Weight Loss **ABOUT THE AUTHOR:** J.D.ROCKEFELLER is an internationally renowned author with a simple, yet engaging writing style. An avid world traveler and wine connoisseur, he enjoys looking at the world through a writer's lens and putting his thoughts to paper everywhere he goes. Mr. Rockefeller is also a certified Bikram Yoga and Ashtanga Yoga instructor. He rigorously meditates for up to two hours a day. Thus, yoga, Chakras, and meditation are also very well loved subjects for the author and topics that he truly enjoys covering in his literary works. We invite you to stay tuned for many of his upcoming writings by visiting [www.myfreebookdownload.com](http://www.myfreebookdownload.com) Message from the Author: "It is my absolute pleasure to connect with you, my readers, on topics that you enjoy and want to learn more about. As a full-time writer, it is my passion to learn about and research exciting subjects, as well as bring you practical knowledge that may help you to enhance your daily life. I sincerely hope that you will accompany me on this beautiful journey of knowledge which will not only entertain you but will also richly broaden your intellectual horizons. Please know that one of my true passions is to interact with my readers and to learn what they like reading about, as well as get their feedback on my work. So, feel free to reach out to me at any time. I am here for you and because of you: my readers who have followed me and continue to share my work year after year." Learn more at: [www.myfreebookdownload.com](http://www.myfreebookdownload.com)

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