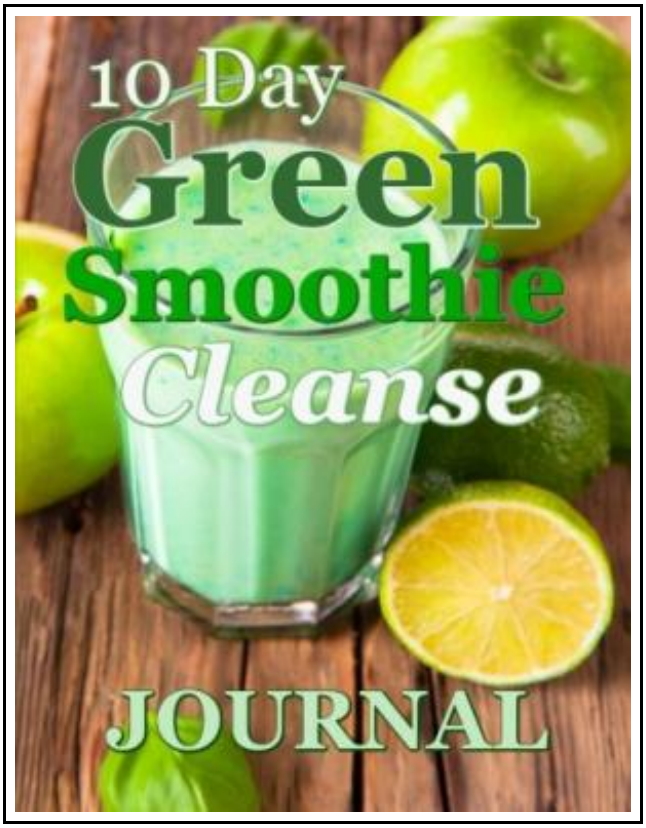
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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.**Price Reduced for Spring Sale***Use the 10-day Green Smoothie Cleanse Journal to help you track your progress, establish goals and stay focused while detoxifying your body on a green smoothie cleanse. This journal contains fill-in-the-blank sections to track meals, calories and other vital information. Write down how you feel and take note of the results you are getting. Track your measurements and weight loss as you go from Day #1 to Day #10. Take note of other benefits you notice such as glowing skin and vibrant energy. This book is a large 8.5 X 11 size to give you plenty of space for writing. People who have successfully completed a green smoothie cleanse have reported amazing results such as reduced belly fat, smaller waistline and a total weight loss of 10-15 pounds within 10 days!.

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