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Days But You Only Want To Buy Fruits And Veggies For 5 Days At A Time So Expect To Shop Twice During The 10-day Cleanse. Therefore, The List Is Broken Down Into The First 5 Days And The Last 5 Days. This Is The List To Use Jj Smith's Official Ten Smoothies. The First 5 Days 8th, 2024

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DAY DAY DAY DAY DAY DAY DAY DAY DAY DAY ...

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It's Always Going On Sale And It's On Sale Right Now For \$8.99 On Amazon) 10-Day Green Smoothie Cleanse Grocery List (Days 1-5) 6 Apples 1 Bunch Grapes 20 12th, 2024

Day 1 Day 3 Day 5 Day 7 Day 9 Day 2 Day 4 Day 6 Day 8 Day 10

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10-Day Green Smoothie Cleanse

Each Day You Drink Up To 60 Ounces Of Green Smoothies Per Day. Amount Varied Per Recipe. Follow The Recipes In The Book, As These Have Been Designed For Detox And Cleansing. Each Recipe For The 10-day Cleanse Is For 3 Servings - They Make About 48 - 60 Ounces Of Smoothie, Which You Will Divide Into 3 ... 12th, 2024

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