

10 Day Green Smoothie Challenge Delicious

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## Summary:

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Green Smoothie Challenge - Love Life Surf A month ago, I committed to drinking one green smoothie a day for a month. I decided to do the challenge mainly because: 1) I wasn't getting enough veggies in my diet; and 2) I struggled with afternoon fatigue and often had a hard time focusing during that part of the day. 10+Spinach Recipes for Smoothies | Green Smoothie Recipes ... More Green Smoothie Recipes with Spinach. Spinach-Mixed-Berries. 2-4 cups of fresh spinach a handful of strawberries (fresh or frozen) 1/2 cup blueberries (fresh or frozen). # 10 Day Green Smoothie Detox By Jj Smith - How Long To ... 10 Day Green Smoothie Detox By Jj Smith - How Long To Detox From The 10 Day Green Smoothie Detox By Jj Smith 10 Day Detox Cleanse Cleansing And Detoxing.

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