# **Zero Belly Diet Lose Up To 16 Lbs In 14 Days**

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the 10 day green smoothie cleansing plan is a ten day detox diet that consists of green leafy veggies water and fruits anyone who wants to enjoy the rich benefits of this program can choose between two options full consisting of green smoothies and some light snacks modified consisting of green smoothies snacks and one non smoothie meal a day all for ten days this is followed up with a life long diet plan this book is broken down into seven chapters that each address one aspect of the green smoothie detox

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