

10-Day Green Smoothie Cleanse Guide

Transform your health! Start your
green smoothie cleanse now!



10 Day Green Smoothie

Maggie Fitzgerald



10 Day Green Smoothie:

10-Day Green Smoothie Cleanse Rebecca Soto, 2014-06-16 The 10 Day Green Smoothie Cleanse Recipe book is packed with everything you need to successfully start your own green smoothie cleanse It offers step by step instructions that will help you embark on your journey to a healthier body This book includes many delicious green smoothie recipes that will keep you from getting bored while you are on the green smoothie diet Of course this book offers much more than just green smoothie recipes it also provides information on the benefits of doing a green smoothie detox tips for getting started and signs that you need to try this cleanse What You ll Get With this green smoothie cleanse recipe book you ll get the following Information on the green smoothie cleanse plan and how it works A look at the benefits of consuming green smoothies Helpful information on what foods to include in smoothies A list of foods to avoid while following the green smoothie diet Many great green smoothie recipes for you to enjoy from fruity drinks to spicy veggie smoothies A helpful 10 day meal plan to make this diet easy for you to follow Information on how to come off the cleanse safely for the best weight loss results Whether you want delicious green breakfast smoothies smoothies packed with protein or smoothie options that boost your immune system you will find them all in this helpful recipe book With more than 30 different smoothie recipes you can enjoy a wide variety of flavors while on the green smoothie cleanse Even after you complete the 10 day cleanse you will still find these recipes useful since you ll want to continue adding smoothies to your diet to continue losing weight or to maintain your weight loss results

50 Green Smoothies for Weight Loss, Detox and the 10 Day Green Smoothie Cleanse Travis Mackensie, 2015-10-06 A Smoothie recipe book for everybody Smoothies have become very popular in the last 10 years or so for one basic reason People are drinking smoothies for health As a result people are always looking for new recipes to make new smoothies so that whether they re on a smoothie diet or using smoothies for weight loss they have some variety in their life It s not fun to be smoothie detox plan and be drinking the same smoothies over and over again You need variety Variety is the spice of life It was with these thoughts in mind that I created this smoothie recipe book 50 Green Smoothie Recipes For Weight Loss Detox Or The 10 Day Smoothie Cleanse Plan allows you to have varieties of smoothies to choose from that will give you all the nutrients and vitamins and you need in your diet and at the same time have something you look forward to drinking Practical Smoothie Recipes Also this smoothie book focuses on the practical I have not included ingredients that are either exotic or that you have to buy online All the ingredients are vegetables and fruits that you can buy at your local grocery store There s nothing worse than getting a smoothie book that the recipes call for bok choy or camu powder or spirulina or other ingredients that generally are not found in every supermarket or grocery store Or that are not natural Smoothies for Kids Another great thing about smoothies is that you can make smoothies for kids If your kids have a hard time eating their veggies or their fruits smoothies are a great way to get them to eat their nutrients naturally without actually having to look at vegetables Many a mom out there is getting their kids to eat their vegetables by giving them smoothies No

matter what you're using your smoothie diet for whether it's for losing weight to improve the beauty of your skin or just better health having smoothies in your life is better than not having any smoothies at all Some of the benefits of smoothies are Lose Weight in a healthy fashion Detox the Body with natural ingredients Increase Energy for the whole day Fight Heart Disease by eating right Healthy Skin and Hair with the right nutrients Smoothies are the easiest way to eat less calories and at the same time get more nutrients into your body So It makes sense if your goal is to lose weight to incorporate smoothies into your life It's been proven that this is a guaranteed way to lose weight or to rid your body of toxins provided you follow a dedicated plan So here's what you get in this book Practical ingredient smoothies Smoothies that are easy to make Smoothies that will last you the whole day long Nutritional information so you can plan out your diet Fun interesting facts and trivia In addition I give you a free gift that you can use in conjunction with these recipes to really get the most out of the book Get this recipe book now and start enjoying new smoothie recipes

10-Day Green Smoothie Cleanse JJ Smith, 2015-01-05 OVER 1 MILLION SOLD WORLDWIDE The New York Times bestselling 10 Day Green Smoothie Cleanse will jump start your weight loss increase your energy level clear your mind and improve your overall health as you lose ten to fifteen pounds in just ten days Made up of supernutrients from leafy greens and fruits green smoothies are filling and healthy and you will enjoy drinking them Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible It is an experience that could change your life if you stick with it This book provides a shopping list recipes and detailed instructions for the 10 day cleanse along with suggestions for getting the best results It also offers advice on how to continue to lose weight and maintain good health afterwards Are you ready to look slimmer healthier and sexier than you have in years Then get ready to begin the 10 Day Green Smoothie Cleanse If you successfully complete the 10 Day Green Smoothie Cleanse you will Lose 10 15 pounds in 10 days Get rid of stubborn body fat including belly fat Drop pounds and inches fast without grueling workouts Learn to live a healthier lifestyle of detoxing and healthy eating Naturally crave healthy foods so you never have to diet again Receive over 100 recipes for various health conditions and goals

The 10-Day Green Smoothie Challenge Maggie Fitzgerald, 2014-08-27 Did you know that there's actually an easy way to make healthy eating fun That it's possible to make vegetables taste just as good as your regular milkshake Thankfully there's a way to make all of this possible and it's through a regimen called the green smoothie diet In Maggie Fitzgerald's new book The 10 Day Green Smoothie Challenge she will show how you can maintain a healthy lifestyle while satisfying your cravings for sweet delicious treats like green smoothies Not only are these blended drinks delicious but also nutritious and easy to prepare Fitzgerald a nutrition health expert who studied raw green diets for many years has learned that one of the most effective ways to make people stick to a diet is to prepare it as easy and convenient as possible In this modern world most people find it difficult to spend even 30 minutes in the kitchen knowing that they can just grab a meal at the nearest fast food store There's also the fact that not all vegetables taste great So instead eating the unhealthy stuff becomes the default choice

The good news is that the green smoothie diet can make it possible for you to prepare delicious healthy meals efficiently All it takes is less than 15 minutes and you will learn exactly how to do that If you find it hard to love vegetables green smoothies will make a great transition into a healthy eating lifestyle They allow you to exercise your creativity in a short amount of time while your body is receiving the nourishment that it needs In the book you will also learn How to differentiate blending and juicing The basics of green smoothie making The advantages of drinking green smoothies What vegetables are best used to make delicious smoothies How to beat common green smoothie issues How to lose as much as 15 lbs in just 10 days How to prepare healthy green smoothies for diabetics How to turn your smoothies into the best post workout drink Advanced tips and tricks for green smoothie dieting [The 10 Day Green Smoothie Cleanse](#) J.D. Rockefeller,2015-10-30 If you are fond of smoothies made of fruits and green leafy veggies the 10 day green smoothie cleanse is perfect for you In participating in the 10 day green smoothie cleanse it is believed that you want to either lose weight or that you want to gain back your lost health With this the first thing that you need to do is detoxify This 10 day cleansing program that makes use of healthy veggies fruits and water can actually reset your taste buds and make you crave healthier foods rather than toxic unhealthy foods So what is the Green Smoothie Cleanse all about Why does it need to be done for 10 days What does it involve What are the basic principles of the cleansing What can you have and what is it that you can t have during these 10 days Find the answers to these questions and much more all included in this guide So let s get started and find out more about the 10 day smoothie cleanse [Getting Started with the 10 Day Green Smoothie Cleanse](#) J.D. Rockefeller,2016-09-16 What is the 10 day green smoothie cleanse Why is detoxification necessary How do you know that your body needs a cleansing How much weight can you lose Do you rely completely on green smoothies What problems can you encounter while on this diet Is it a healthy way of dieting Where can I get some recipes Find out the answers to all these questions in this guide **10-Day Green Smoothie Detox: Reset Your Body, Boost Your Energy, and Transform Your Health** Nahid Ahmed,2025-08-15 Kickstart your wellness journey with the 10 Day Green Smoothie Detox a powerful natural reset for your body and mind This easy to follow guide blends nutrient rich ingredients into delicious smoothies that help flush toxins boost energy and support weight loss Whether you re looking to improve digestion reduce cravings or simply feel more vibrant this detox plan offers Daily smoothie recipes using fresh fruits leafy greens and superfoods Step by step instructions for prepping and blending Tips for staying motivated and avoiding common detox mistakes A flexible meal guide to support your cleanse Bonus hydration and mindfulness strategies to enhance results Perfect for beginners and health enthusiasts alike this guide empowers you to take control of your health one smoothie at a time No gimmicks no starvation just real ingredients and real results Start your transformation today and feel the difference in just 10 days **10-Day Green Smoothie Cleanse: by JJ Smith | Conversation Starters** dailyBooks,2016-09-12 10 Day Green Smoothie Cleanse by JJ Smith Conversation Starters A Brief Look Inside EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages The characters and their

world come alive and the characters and its world still live on Conversation Starters is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on These questions can be used to Create Hours of Conversation Foster a deeper understanding of the book Promote an atmosphere of discussion for groups Assist in the study of the book either individually or corporately Explore unseen realms of the book as never seen before Disclaimer This book you are about to enjoy is an independent resource to supplement the original book enhancing your experience of 10 Day Green Smoothie Cleanse If you have not yet purchased a copy of the original book please do before purchasing this unofficial Conversation Starters **10 Day Green Smoothie Cleanse** J.D. Rockefeller,2015-10-30 What is the green smoothie cleanse all about What do you need to do for 10 days What does it involve What are the basic principles of the cleansing Are there certain foods that you are supposed to avoid What foods will help do the cleansing and get you started on getting back your health Find the answers to all these questions and much more in this guide So let s get started and find out more about the 10 day green smoothie cleanse [The 10-Day Green Smoothie Cleanse For Weight Loss](#) Nigel Methews,2020-02-20 Do you want to get rid of stubborn body fat Do you want to shed off a couple of pounds without hard workouts If Yes u are n th r ght l So many people who intend to lose weight do not know what the right ratio of ingredients for a tasty smoothie is Well you have nothing to worry about because I have you covered Enjoy nearly endless options for imaginative and healthy smoothies with more than 50 nutritious easy to make recipes Diet Book The 10 Day Green Smoothie Cleanse For Weight Loss filled with tasty mix and match ideas for crafting creative smoothies from brain boosting breakfasts to supercharged afternoon snacks Whatever you crave Diet Book The 10 Day Green Smoothie Cleanse For Weight Loss is your go to guide for creating customizable smoothies that are perfect for you This smoothie recipe cookbook contains two big parts Part 1 All about The 10 day Green Smoothie Cleanse Weight Loss and Diet Plan Part 2 Additionally 50 Detox Green Smoothies Recipes For Weight Loss To diversify your diet So what are you still waiting for Let s get right to it and start losing weight for a healthier lifestyle Just Click on Buy now with 1 Click R And Start Your Journey Towards the Healthy World Today I look forward to getting you started on some of my most favorite recipes that I ve ever shared Trust me it s worth it healthy smoothies recipes for weight loss healthy weight loss smoothies recipes weight loss smoothies recipes green green smoothies recipes for weight loss green smoothies recipes weight loss smoothies recipes best fruit smoothies recipes green smoothies recipes diet smoothies recipes veggie smoothies recipes healthy smoothies recipes to lose weight simple smoothies recipes simple green smoothies recipes smoothies recipes to lose weight cleansing smoothies recipes coffee smoothies recipes weight loss smoothies recipes banana smoothies recipes low calorie smoothies recipes pineapple smoothies recipes chocolate smoothies recipes morning smoothies recipes fruits smoothies recipes healthy fruit smoothies recipes fruit smoothies recipes healthy fruit smoothies recipes spinach smoothies recipes smoothies recipes with almond milk almond milk smoothies recipes berry smoothies recipes smoothies recipes healthy blueberries smoothies recipes blueberry smoothies recipes healthy

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The 10-Day Green Smoothie Cleanse For Weight Loss Nigel Methews, 2019-08-06 Do you want to get rid of stubborn body fat Do you want to shed off a couple of pounds without hard workouts If Yes u are n th r ght l So many people who intend to lose weight do not know what the right ratio of ingredients for a tasty smoothie is Well you have nothing to worry about because I have you covered Enjoy nearly endless options for imaginative and healthy smoothies with more than 50 nutritious easy to make recipes Diet Book The 10 Day Green Smoothie Cleanse For Weight Loss filled with tasty mix and match ideas for crafting creative smoothies from brain boosting breakfasts to supercharged afternoon snacks Whatever you crave Diet Book The 10 Day Green Smoothie Cleanse For Weight Loss is your go to guide for creating customizable smoothies that are perfect for you This smoothie recipe cookbook contains two big parts Part 1 All about The 10 day Green Smoothie Cleanse Weight Loss and Diet Plan Part 2 Additionally 50 Detox Green Smoothies Recipes For Weight Loss To diversify your diet So what are you still waiting for Let s get right to it and start losing weight for a healthier lifestyle Just Click on Buy now with 1 Click R And Start Your Journey Towards the Healthy World Today I look forward to getting you started on some of my most favorite recipes that I ve ever shared Trust me it s worth it healthy smoothies recipes for weight loss healthy weight loss smoothies recipes weight loss smoothies recipes green green smoothies recipes for weight loss green smoothies recipes weight loss smoothies recipes best fruit smoothies recipes green smoothies recipes diet smoothies recipes veggie smoothies recipes healthy smoothies recipes to lose weight simple smoothies recipes simple green smoothies recipes smoothies recipes to lose weight cleansing smoothies recipes coffee smoothies recipes weight loss smoothies recipes banana smoothies recipes low calorie smoothies recipes pineapple smoothies recipes chocolate smoothies recipes morning smoothies recipes fruits smoothies recipes healthy fruit smoothies recipes fruit smoothies recipes healthy fruit smoothies recipes spinach smoothies recipes smoothies recipes with almond milk almond milk smoothies recipes berry smoothies recipes smoothies recipes healthy blueberries smoothies recipes blueberry smoothies recipes healthy smoothies recipes healthy

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10-day Green Smoothie Cleanse J. J. Smith, 2017-07-26 10 Day Green Smoothie Cleanse By JJ Smith

10 Day Green Smoothie Cleanse for Weight Loss Tanya Simons, 2016-06-16

The basic aim of writing this book is to provide all the weight loss seekers some delicious scrumptious and mouth watering green smoothie recipes which help lose 10 pounds in ten days If you are a person tired of working out long hours at the gym and feel frustrated following any diet plan then this 10 day cleanse plan is just for you In this book we have introduced about 50 delicious quick and easy Paleo green smoothies which are ready within five minutes to give you a glass full of nutrients and help you melt your stubborn fat The entire green smoothie recipes taste amazingly satisfying All the recipes provide a nutritional breakdown preparation time and directions so you choose wisely according to your require calorie intake This book also provides tips and tricks the suggestion to lose fat and stay fit advice on how to continue to lose weight and keep up good health afterward and a shopping list for the 10 day cleanse so that the overall transaction goes smooth If you want overall weight loss in ten days without pushing yourself to the limits of dehydrating yourself at the gym then this book is surely a gateway to success Grab a fancy straw and sip your way to a 10 day cleanse process Grab this book and jump start your weight loss journey Our 10 day cleanse program will not only keep you fit but also increase overall body energy clear your mind and improve your overall health All the recipes prepared from the diverse combination of green vegetables and fruits So jump in for a unique weight loss experience in just ten days and get the shape you deserve Just click the buy now button and experience your weight melt away

10 Day Green Smoothie Cleanse Katya Johansson, 2016-08-25 10 DAY GREEN SMOOTHIE CLEANSE Purify Your Body With A Simple Green Smoothie Detox By definition Green smoothies are a delicious blended drink made from fruit and leafy greens Leafy greens as their name suggests are green leaves of edible plants A green smoothie is a thick beverage made from blended raw fruit or vegetables with other ingredients such as water ice dairy products or sweeteners These healthy green smoothies are made by blending raw leafy green vegetables with fruit in order to soften and sweeten the drink The most popular vegetables used in green smoothies are kale spinach Swiss chard collard greens celery broccoli and parsley The consumption of raw leafy green vegetables as occurs when a person drinks green smoothies can bring at first a person feel great after adopting this habit particularly if he or she is coming off a highly processed nutrient poor diet Blending the greens in a powerful blender causes to liquefying the greens far more thoroughly than we can by chewing This releases the nutrients from the cellulose which is indigestible and makes them more accessible

to our digestive system Digesting food creates free radicals therefore we have to be sure the food we eat has to be packed with antioxidants Some examples of antioxidant rich foods are Chia Raw Cacao Blueberries Strawberries Beets Red Wine Green Tea and Pomegranates Digestion isn't the only physiological source of free radicals exercise is too so there is an additional reason to eat sufficient amounts of antioxidants It is well known to all of us that if we want to stay healthy we should eat a lot of greens But many people don't like to eat greens Even if you're one of the people who does like greens in order to get more nutritional and health benefits from the greens is to eat them raw and to chew them very thoroughly to shatter the cell and obtain the nutrients within But the amount of chewing required is so large that it makes it difficult Green smoothies are a perfect solution for those issues

The Basic Recipe For A Green Smoothie In order to make a green smoothie add 4 cups of water to your blender Rinse the desired quantity of greens and remove any thick leaves or stems Add greens to the blender Put on the lid and blend starting on low and turning your blender up to high Blend until completely smooth Add bananas or mango depending on how thick you like your smoothies Add other fruit and berries at taste removing pits cores and peels if necessary Blend again until smooth It's ready Start a full 10 DAY GREEN SMOOTHIE CLEANSE with such recipes Smoothies for weight loss Green Veggie Drink Mango Smoothie Slimming Green Smoothie Blueberry Smoothie Berry Oats Smoothie Chocolate Peanut Butter smoothie Apple low carb Smoothie Orange Weight Loss Smoothie Detox Green Smoothies Super Green Detox Detox Green Smoothie Berries Smoothie Pineapple Spinach Detox Smoothie Pear Avocado Smoothie Papaya Smoothie Pear Avocado Smoothie with Chia Seeds And Much More So scroll up and click the button now with 1 click to get started with your 10 day green smoothie cleanse for weight loss and healthier living

10 Day Green Smoothie Cleanse Julia Gilbert, 2015-09-20 10 Day Green Smoothie Cleanse How To Detox Your Body Lose Weight And Increase Your Energy With Delicious Green Smoothie Best Smoothie Cookbook Sale price You will save 66% with this offer Please hurry up Are you tired of feeling sluggish tired and downright unhealthy Would you like to try out a cleanse but you're not sure how to go about it Then you should pick up this book on the detoxifying green smoothie diet The green smoothie diet consists of smoothies made with green leafy vegetables and additional fruits to sweeten them up for your enjoyment These smoothies are delicious and amazing for your body giving you health benefits that you never thought changing your diet could give Detoxifying diets are great for your hair skin nails and your overall well being Here is a preview of what you'll learn How to do a full cleanse for ten days How to do the modified cleanse for ten days if you have health complications How to break your cleanse How to lose weight after the cleanse Over ten green smoothie recipes one for every day The benefits of a green smoothie diet And much more Download your copy of 10 Day Green Smoothie Cleanse by scrolling up and clicking Buy Now With 1 Click button Tags 10 days green smoothie cleansing detox smoothies cleanse detoxing smoothies best cookbook Smoothie Green Smoothies Green Smoothie Recipes Green Smoothie Cleanse Green Smoothie Diet 10 Day Green Smoothie Cleanse lose weight detox body lose pounds smoothie diet fruity green smoothie recipe book boost your metabolism

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recipes for you to enjoy from fruity drinks to spicy veggie smoothies A helpful 10 day meal plan to make this diet easy for you to follow Information on how to come off the cleanse safely for the best weight loss results Whether you want delicious green breakfast smoothies smoothies packed with protein or smoothie options that boost your immune system you will find them all in this helpful recipe book With more than 30 different smoothie recipes you can enjoy a wide variety of flavors while on the green smoothie cleanse Even after you complete the 10 day cleanse you will still find these recipes useful since you ll want to continue adding smoothies to your diet to continue losing weight or to maintain your weight loss results 10 Day Green Smoothie Cleanse Jenny Brock,Julia Gilbert,2016-03-05 10 Day Green Smoothie Cleanse Sale price You will save 66% with this offer Please hurry up A Simple Guide to 10 Day Green Smoothie Cleanse and Low Carb Cookbook green smoothie smoothie recipes low carb low carb recipes Ten Day Green Smoothie Cleanse How to Detox Your Body Lose Weight and Increase Your Energy with Delicious Green Smoothies Best Smoothie Recipes The ten day green smoothie weight loss and cleanse included in this book is an easy to read and understand version of one of the more popular diet regimens to hit North America in a decade Practical and easy to follow the nutritional plan enclosed with give you Important nutritional information about the ingredients that you will be using How detoxification helps in better health and weight loss Tips for making the green smoothies as tasty as they can be How to move on with your diet after the ten day cleanse is done We have even included how you can modify the plan to suit your needs if you find it too hard to commit to the full cleanse And as always we recommend that you talk to your doctor before beginning any nutritional plan Low Carb Cookbook Delicious Snack Recipes for Weight Loss Do you want to add some new recipes added to your cooking repertoire Would you like to learn some unique ways of cooking low carb foods Would you also like to know which foods are high in carbs and which ones are not Well you have come to the right place This book will give you a brief synopsis of what carbohydrates are and how they affect the body You will learn what kinds of foods are high in them and which ones are not You will also learn what carbs can do to your body if they are consumed too much This is an easy to read guide that is fun to evaluate for cooking fanatics You will learn about new recipes that you never heard before and recognize old ones from your own mental kitchen Once you hear some of these recipe ideas you will be pleasantly surprised at what can accomplished in the kitchen Download your copy of 10 Day Green Smoothie Cleanse by scrolling up and clicking Buy Now With 1 Click button Tags 10 days green smoothie cleansing detox smoothies cleanse detoxing smoothies best cookbook Smoothie Green Smoothies Green Smoothie Recipes Green Smoothie Cleanse lose weight detox body lose pounds smothie diet fruity green smoothie healthy smoothie increase energy reduce cholesterol The Truth about Sugar Sugar Addiction Understanding Sugar Detox and its Benefits Start the 21 Days Sugar Detox Healthy Sugar Free Recipes beginners easy guide Low carb cookbook low carb cookbook low carb diet low carb snacks low carb recipes low carbohydrate low carb cooking weight loss snacks recipes snack recipes low carbs low carb snacks low carb cooking salads side dish super easy sure to please easy recipe low carb diet live healthy boost metabolism low carb slow

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Rockefeller,2015-10-31 Nowadays more and more people are getting conscious about their bodies and overall health Well apparently this is an excellent indication that healthy living is still one of the top priorities of many individuals around the world However you need to know some important insights into the essence of taking green smoothie cleanse for an ultimate fitness On this guide you will be provided with essential tips on how to make a green smoothie on your home while achieving successful fitness journey in no time With the increasing weight loss programs being offered in the market you really need to choose wisely in order to get maximum results that you truly deserve in terms of healthy and happy living Being conscious about your health is indeed very important Since there are so many harmful factors that can trigger poor health you should be able to consider the healthful benefits of green smoothie in cleansing your body But don't worry this eBook will guide you through every step of the way until you attain your fitness goals and lose significant excess body weight Also you will understand the detox methods to help you enhance cleansing solutions so that you can achieve the body that you've always wanted Enjoy the green smoothie recipes that you will learn from here and easily prepare them in your own kitchen Read on to discover a lot of important tips that you should know about the ultimate green smoothie benefits in health and overall lifestyle **10 Day Green Smoothie Cleanse : 40 New Beauty Blast Recipes To A Sexy New You Now!** Scott

Green,2015-06-10 Smoothies are one of the most popular concoctions that show up on many menus In fact they are so popular that there is a virtually limitless supply of recipes for different types of smoothies and people are able to enjoy them regardless of where they are ranging from a favorite restaurant to a street fair They have become so ingrained into the culture especially in the United States that they can be found virtually anywhere Of course some smoothies are healthier than others as it all depends on the specific type of ingredients that are included Furthermore some smoothies are made for taste and others such as green smoothies are made for the express purpose of helping people experience better health and to prepare their bodies for certain activities such as intense athletic endeavors Grab the book for the recipes now

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10 Day Green Smoothie Introduction

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