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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

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Smoothie Cleanse! Have You Ever Wondered About
The Color 'GREEN'? We Refer To Nature With The Word
'GREEN', 'GREEN Health' Is Used For A Healthy Body
Similarly 'feeling GREEN' Symbolizes Freshness Of
Mind And Body. So The World GREEN Encompasses All
The Health, Nature And Freshness In Itself. Now
Imagine A Jar Full Mar 11th, 2024Juice Plus Complete
Smoothie Recipe Book1 Serving Juice Plus+Chocolate
COMPLETE 1/2-1 Banana Fresh Or Frozen 1 TBSP
Natural Peanut Butter (the Kind You Have To Stir) 1
Cup Mild FROZEN Fruit Instead Of Ice. (example:
Mango, Tropical Fruit) INSTRUCTIONS: Put All
Ingredients In Blender In Order Given. Blend Until
Frozen Fruit Lumps Gone. Drink All At Once Or Pour
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