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Retreat A 7 Day

**Green
Smoothie**

Plan To Detox And

Revitalize At

Home

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Day Plan To**

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you liked this
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def give our free 7-day
green smoothie
challenge a go. ☐☐ ...

The BEST Green
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insanely intimate days
with Jen Hansard and
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12-WEEKS OF
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Simple Green
Smoothies**

“During the retreat I

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saw the benefits of green smoothies immediately manifest in my body. My skin, hair, and nails all became stronger and softer. I lost seven pounds in the seven-day retreat and felt much lighter and less toxic." ...

**Green Smoothie
Retreat - North
Atlantic Books**
Great results from
Green smoothies so

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far, and the information given here has helped me to confidently arrange a green smoothie retreat for me and family members in spring, when the wild foods abound. Victoria has made her mistakes and done lots of homework, researching and applying her theories , trying things on herself and her loved ones ...

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saw the benefits of green smoothies immediately manifest in my body. My skin, hair, and nails all became stronger and softer. I lost seven pounds in the seven-day retreat and felt much lighter and less toxic.”

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Retreat by Victoria
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smoothie for 7 days only. This will help reset your body, remove the harmful toxins and ultimately put your body in a fat-burning state. The goal is to eliminate processed foods and refined sugars in your diet so that your body can effectively burn fat for energy.

**7 Super Healthy
Green Smoothies
That Actually Taste**

File Type PDF Green Smoothie Retreat A 7 Day **Good**

I decided to go a little green the morning I went and started with one of their power green smoothies. For \$7, you get a freshly blended vegetable/fruit smoothie that is packed with vitamins and minerals. The sheer size of the 12 oz. cup ended up being very intimidating as the drink was very heavy and definitely can serve as a meal

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