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FAT Blasting SMOOTHIES: 10 DAY SMOOTHIE Cleanse - LOSE UP TO 14 POUNDS IN 7 DAYS

Jason Lee

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The book will explain in detail the benefits of a smoothie diet, how the smoothie diet works and the things you need to get started. You will also be given an extensive list of delicious recipes to follow. I will also include detailed action plans to guide you in maximizing the potential of this awesome list of recipes.

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