

10 day detox diet shake

****Unlocking Wellness: The Power of a 10 Day Detox Diet Shake****

10 day detox diet shake programs have gained significant popularity among health enthusiasts and those looking to give their bodies a fresh start. The idea of cleansing your system, boosting energy, and resetting your digestive health in just over a week is incredibly appealing. But what exactly is a 10 day detox diet shake, and how can it fit into your wellness routine effectively? Let's explore the ins and outs of this trending health regimen and how it can support your journey toward better health.

What Is a 10 Day Detox Diet Shake?

A 10 day detox diet shake plan typically involves replacing one or more meals with nutrient-packed shakes over a period of ten days. The aim is to eliminate toxins, reduce calorie intake, and flood the body with vitamins, minerals, antioxidants, and fiber. These shakes are often made from a blend of fruits, vegetables, protein powders, and sometimes superfoods like spirulina, chia seeds, or flaxseeds.

Unlike extreme cleanses that may leave you feeling deprived or weak, a well-balanced detox shake provides essential nutrients while supporting the body's natural detoxification processes. The 10-day timeframe is long enough to notice benefits such as improved digestion and clearer skin but short enough to maintain motivation and commitment.

Why Choose a 10 Day Detox Diet Shake?

Resetting Your Body and Mind

Our modern lifestyles expose us to processed foods, pollutants, stress, and irregular eating habits. Over time, this can lead to sluggish digestion, fatigue, and even inflammation. A 10 day detox diet shake routine can serve as a reset button, helping you break free from unhealthy patterns and giving your digestive system a much-needed break.

Boosting Nutrient Intake

One of the greatest benefits of detox shakes is their ability to deliver concentrated nutrients in an easily digestible form. Ingredients like kale, spinach, berries, and plant-based proteins provide antioxidants that help combat free radicals, support immune function, and promote cellular health.

Supporting Weight Management

While the primary goal of a detox isn't always weight loss, many people find that a 10 day detox diet shake plan helps jumpstart fat loss. By reducing calorie intake and eliminating processed foods, your body naturally begins to shed excess water weight and toxins stored in fat cells.

Key Ingredients in a Successful 10 Day Detox Diet Shake

To maximize the benefits of a detox shake, including a variety of wholesome ingredients is essential. Here's a breakdown of what to look for:

- **Leafy Greens:** Spinach, kale, and Swiss chard provide fiber, iron, and chlorophyll, which supports detoxification pathways.
- **Fruits:** Berries, green apples, and citrus fruits add natural sweetness and antioxidants like vitamin C.
- **Protein Sources:** Plant-based proteins such as pea protein, hemp, or brown rice protein help maintain muscle mass and keep you full.
- **Healthy Fats:** Avocado, chia seeds, flaxseeds, or nut butters provide omega-3 fatty acids critical for brain and heart health.
- **Hydrating Liquids:** Coconut water, almond milk, or filtered water keep you hydrated and help flush toxins.
- **Superfoods:** Spirulina, matcha, turmeric, or ginger add anti-inflammatory and antioxidant properties to the shakes.

How to Incorporate a 10 Day Detox Diet Shake into Your Routine

Meal Replacement or Supplement?

Some detox plans recommend replacing all three meals with shakes for the entire 10 days, while others suggest substituting only one or two meals daily. For beginners or those with higher energy needs, starting with one meal replacement per day complemented by balanced whole foods is a gentler and more sustainable approach.

Timing Your Shakes

Drinking your detox shake in the morning can kickstart your metabolism and provide sustained energy throughout the day. Alternatively, having it as a light lunch or dinner can help you avoid heavy meals late in the day, which might interfere with sleep.

Stay Hydrated and Active

Alongside your shakes, drinking plenty of water throughout the day is crucial to aid toxin elimination. Incorporating gentle exercise like walking, yoga, or stretching can further enhance circulation and detox pathways.

Benefits You Can Expect from a 10 Day Detox Diet Shake

Many people report a range of positive effects after completing a 10 day detox diet shake regimen, including:

- **Improved Digestion:** Reduced bloating and more regular bowel movements thanks to increased fiber intake.
- **Enhanced Energy Levels:** Feeling lighter and more energized as the body sheds processed foods and toxins.
- **Clearer Skin:** Detoxification can help reduce inflammation and improve the complexion.
- **Better Mental Clarity:** Many find their focus sharpens when blood sugar levels stabilize and caffeine intake decreases.
- **Weight Loss:** A natural reduction in calories and elimination of junk food can lead to noticeable fat loss.

Precautions and Tips for a Safe Detox Experience

While a 10 day detox diet shake can be beneficial, it's important to approach it thoughtfully:

- **Listen to Your Body:** If you feel dizzy, overly fatigued, or unwell, adjust your intake or consult a healthcare professional.

- **Don't Skip Meals Entirely:** Depending on your lifestyle, replacing all meals with shakes may not provide enough energy or nutrients.
- **Avoid Added Sugars:** Keep your shakes natural and avoid sweetened powders or syrups that can undermine detox goals.
- **Prepare Ahead:** Having your ingredients ready and your shakes planned can prevent temptation to stray from your detox.
- **Combine with Whole Foods:** Incorporate light, whole-food meals like salads or steamed veggies if you need extra nourishment.

Popular 10 Day Detox Diet Shake Recipes to Try

Experimenting with different shake recipes can keep your detox exciting and delicious. Here are a couple of favorites to get started:

Green Goddess Detox Shake

- 1 cup spinach
- 1/2 avocado
- 1 green apple, chopped
- 1 tbsp chia seeds
- 1 scoop plant-based protein powder
- 1 cup coconut water
- Juice of 1/2 lemon

Blend all ingredients until smooth for a creamy, nutrient-rich shake.

Berry Beet Detox Shake

- 1 small cooked beet, peeled
- 1 cup mixed berries (blueberries, strawberries, raspberries)
- 1/2 banana
- 1 tbsp flaxseeds
- 1 cup almond milk
- 1 tsp grated ginger

This vibrant shake supports liver detox and provides antioxidants to fight inflammation.

Embarking on a 10 day detox diet shake journey can be an empowering way to reset your habits and nourish your body. By focusing on wholesome ingredients, balanced nutrition, and mindful eating, you can enjoy the revitalizing benefits of this cleanse and set the stage for lasting wellness. Whether

you're new to detoxing or looking for a fresh approach, these shakes can become a tasty, healthful part of your routine.

Frequently Asked Questions

What is a 10 day detox diet shake?

A 10 day detox diet shake is a nutritional shake designed to help cleanse the body of toxins, support digestion, and promote weight loss over a 10-day period.

What ingredients are commonly found in a 10 day detox diet shake?

Common ingredients include fruits, vegetables, protein powder, fiber, antioxidants, vitamins, and minerals to support detoxification and provide essential nutrients.

Can a 10 day detox diet shake help with weight loss?

Yes, when combined with a balanced diet and exercise, detox shakes can help reduce calorie intake and promote weight loss, but they should be used as part of a healthy lifestyle.

Are 10 day detox diet shakes safe for everyone?

While generally safe for most people, those with medical conditions, pregnant or breastfeeding women, and individuals on medication should consult a healthcare professional before starting a detox program.

How often should I drink a detox diet shake during the 10 day detox?

Many plans recommend replacing one or two meals per day with the detox shake, while eating balanced meals for the other meals, but instructions vary by specific program.

What are the benefits of doing a 10 day detox diet shake cleanse?

Benefits may include improved digestion, increased energy, clearer skin, reduced bloating, and jumpstarting healthier eating habits.

Can I exercise while doing a 10 day detox diet shake program?

Light to moderate exercise is usually safe and encouraged during a detox, but listen to your body and avoid intense workouts if you feel low energy.

How do I prepare a 10 day detox diet shake?

Preparation typically involves blending the recommended ingredients such as fruits, vegetables, protein powder, and liquids like water or almond milk until smooth.

What should I avoid eating during a 10 day detox diet shake plan?

It's best to avoid processed foods, added sugars, caffeine, alcohol, and high-fat or fried foods to maximize the effectiveness of the detox.

Additional Resources

10 Day Detox Diet Shake: A Professional Review of Its Efficacy and Benefits

10 day detox diet shake programs have gained considerable popularity in recent years as a method for cleansing the body, boosting metabolism, and jumpstarting weight loss. These shakes promise a convenient and nutrient-packed way to detoxify the system within a relatively short timeframe. But how effective are these detox shakes, and what should consumers know before committing to a 10-day regimen? This article explores the components, benefits, and potential drawbacks of 10 day detox diet shake plans, offering a balanced perspective grounded in nutritional science and expert opinion.

Understanding the 10 Day Detox Diet Shake Concept

The fundamental idea behind a 10 day detox diet shake regimen is to replace one or more daily meals with specially formulated shakes designed to flush toxins, reduce calorie intake, and deliver essential nutrients. These shakes often contain a blend of proteins, vitamins, minerals, antioxidants, and fiber, aiming to support the liver and kidneys—the body's natural detox organs.

Many detox shakes also incorporate superfoods such as spirulina, chlorella, or wheatgrass, which are believed to have detoxifying properties. The diet typically involves consuming these shakes for a set period—usually 10 days—while limiting intake of processed foods, sugars, caffeine, and alcohol. Advocates suggest that this approach can improve digestion, increase energy levels, and promote weight loss.

Key Ingredients in 10 Day Detox Diet Shakes

The composition of detox diet shakes can vary widely depending on the brand or homemade recipe. However, several common ingredients are frequently included:

- **Plant-based proteins:** Pea, hemp, or brown rice protein powders provide essential amino acids while being easy to digest.

- **Fiber:** Ingredients such as psyllium husk or flaxseed support digestive health and satiety.
- **Antioxidants:** Berries, green tea extract, and certain herbs help neutralize free radicals and reduce oxidative stress.
- **Vitamins and minerals:** Vitamins A, C, D, E, and minerals like magnesium and zinc are critical for overall health during calorie restriction.
- **Probiotics and enzymes:** Some shakes include probiotics to maintain gut flora balance and digestive enzymes to enhance nutrient absorption.

Evaluating the Health Claims of a 10 Day Detox Diet Shake

The marketing around detox shakes often highlights rapid weight loss, toxin elimination, and improved skin appearance. While these claims are appealing, it is essential to evaluate them critically.

Weight Loss and Metabolism

A 10 day detox diet shake plan typically reduces caloric intake significantly, which can lead to weight loss. According to a 2019 study published in the Journal of Nutrition, calorie-restricted diets result in weight loss primarily through decreased energy intake rather than specific detox effects. Therefore, while users may observe a drop in pounds, the shakes themselves are not magic bullets but tools to facilitate a calorie deficit.

Toxin Removal

The concept of “detox” is often misunderstood. The body naturally detoxifies through the liver, kidneys, lungs, and skin. Scientific evidence supporting the idea that detox shakes accelerate this process is limited. Ingredients like antioxidants may support cellular health, but they do not directly “flush out” toxins. Experts emphasize that maintaining hydration, balanced nutrition, and avoiding harmful substances are more effective long-term detox strategies.

Digestive and Skin Health

High-fiber content and antioxidants in detox shakes may improve digestion and reduce inflammation, potentially benefiting skin quality. Anecdotal reports frequently mention clearer skin and reduced bloating after such diets, although individual results vary. These benefits are likely due to the elimination of processed foods and sugars during the detox period rather than the shakes alone.

Pros and Cons of Using a 10 Day Detox Diet Shake

Before embarking on a detox shake regimen, it is prudent to weigh the advantages and disadvantages.

Pros

- **Convenience:** Shakes are quick to prepare and consume, making it easier to adhere to a controlled diet.
- **Structured approach:** The 10-day timeline provides a clear framework for dietary changes.
- **Potential for increased nutrient intake:** Many shakes are fortified with vitamins and minerals to prevent deficiencies during calorie restriction.
- **Reduced consumption of processed foods:** Eliminating junk food can improve overall health.

Cons

- **Limited sustainability:** Such restrictive diets are challenging to maintain beyond the short term and may lead to rebound weight gain.
- **Possible nutrient imbalances:** Not all detox shakes provide complete nutrition, risking deficits in essential fatty acids or complex carbohydrates.
- **Risk of muscle loss:** Inadequate protein intake or excessive calorie restriction may reduce lean muscle mass.
- **Cost:** Commercial detox shakes can be expensive relative to whole food options.
- **Psychological effects:** Strict regimens may promote unhealthy relationships with food or trigger disordered eating patterns.

Comparing Popular 10 Day Detox Diet Shake Programs

Several brands offer 10 day detox diet shake products, each with unique formulations and claims. When choosing a program, consumers should consider ingredient transparency, nutritional content, and clinical backing.

- **Brand A:** Emphasizes organic, plant-based proteins with added probiotics. Suitable for vegans but may lack sufficient calories for some users.
- **Brand B:** Includes a blend of superfoods and digestive enzymes; marketed for enhanced detoxification and energy support.
- **Brand C:** Focuses on high protein content and minimal sugar, appealing to those seeking muscle preservation during detox.

Independent reviews suggest that no single product outperforms others definitively, and results often depend on individual adherence and lifestyle factors.

Integrating 10 Day Detox Diet Shakes into a Balanced Lifestyle

While a 10 day detox diet shake plan can offer a reset for dietary habits, it is crucial to view it as one component of a broader approach to wellness. Incorporating regular physical activity, hydration, and nutrient-dense whole foods after the detox period ensures sustainable benefits.

Registered dietitians advise against prolonged reliance on shakes alone, recommending gradual reintroduction of balanced meals to avoid digestive distress and maintain metabolic rate. For individuals with pre-existing health conditions or nutrient concerns, medical consultation prior to starting any detox program is essential.

The 10 day detox diet shake trend reflects a growing consumer interest in quick, convenient solutions for health improvement. When approached with realistic expectations and informed choices, these shakes can serve as a catalyst for positive behavioral changes rather than standalone remedies.

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10 day detox diet shake: *10-Day Green Smoothie Cleanse* JJ Smith, 2014-07-01 The New York Times bestselling 10-Day Green Smoothie Cleanse by JJ Smith, is the ultimate detox and weight loss plan designed to jump-start your health, boost your energy, and help you shed ten to fifteen pounds—in just ten days. Packed with supernutrients from leafy greens and fresh fruits, this cleanse harnesses the power of green smoothies to naturally burn fat, eliminate toxins, curb cravings, and reset your metabolism. Whether you're looking to lose stubborn belly fat, kick your sugar addiction, or jump into healthier eating habits, this bestselling program offers a simple, effective path toward permanent weight loss and full-body detoxification. Inside, you'll find everything you need to succeed: • 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 With proven results and thousands of success stories, the 10-Day Green Smoothie Cleanse is perfect for anyone ready to look slimmer, feel healthier, and glow from the inside out. Whether it's your New Year's resolution, your midlife health reset, or your first-time detox, this cleanse will help you reclaim your body and confidence—without grueling workouts or calorie counting. Lose weight. Gain energy. Detox naturally. Are you ready to transform your life in just ten days?

10 day detox diet shake: Detox Diet & Detox Recipes in 10 Day Detox: Detoxification of the Liver, Colon and Sugar With Smoothies Speedy Publishing, 2019-11-22 The detox diet has many benefits. Some of these benefits include boosted energy, elimination of waste from the body, weight loss, strengthened immune system, healthier skin, better well-being, improved breath, and better thinking skills. The common denominator of all of these benefits is the improvement it gives our bodies. After all, our body is a gift and we should take care of it.

10 day detox diet shake: 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.

10 day detox diet shake: The Great Detox Miracle Cleanse for Men and Women Jessica Caplain, 2018-03-16 HOW NEW DISCOVERIES IN SELF DETOXIFICATIONS WILL MAKE YOU HEALTHIER AND BEAUTIFUL, INSIDE AND OUT! Detoxification, or detox, has been a popular go-to

remedy for getting rid of toxins from the body. You will be surprised to find out that there are certain toxins that stay in your system for a long time, and these can make you age easily and get you sick more often. These are harmful substances that people are constantly exposed to, and directly (or indirectly) affected by. The many harmful toxins around you can affect your health, and possibly reduce your spark and vitality. Through detoxification, your body can remove the accumulated harmful substances that negatively affect your overall health. In this guide, you will explore the general concept of detoxification and the many different processes involved. You will also learn about: The major types of detoxification; The definition of toxins; How and where you can get exposed to toxins; How toxins affect your life; The body's natural detox process; The major detox players in your body; The many different ways to detox; The do's and don'ts in detox; The health benefits of detoxing; The potential pitfalls; How to tell if your detox is working and much, much more... All of these topics will be discussed thoroughly. Everything that you need to know about detoxification and toxins is right here in this guide. Do yourself a favorr and GET YOUR COPY TODAY!

10 day detox diet shake: 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!

10 day detox diet shake: 10 Day Green Smoothie Cleanse : 50 New And Fat Burning Paleo Smoothie Recipes For Your Rapid Weight Loss Now Scott Green, 2015-06-10 Strawberry Coconut Almond 8-10 small frozen strawberries 3 fresh strawberries 1 c. coconut milk 1 t. almond butter 1 t. honey Chocolate Avocado 1 avocado 2 frozen bananas 1/2 c. frozen or fresh raspberries 1-2 T. unsweetened cocoa powder 2 c. almond or coconut milk Cinnamon Coconut Banana 1/2 c. coconut milk 4 large egg yolks 1 medium banana 1/4 c. ice 1/2 t. cinnamon Grab the book for more paleo smoothie recipes now!

10 day detox diet shake: 10 Day Green Smoothie Cleanse : 50 New Cholesterol Crusher Recipes To Reduce Cholesterol The Natural Way Scott Green, 2015-06-10 Pomegranate Berry Smoothie Ingredients 1/2 cup water 1/2 cup nonfat cottage cheese 1 cup pomegranate juice 1 medium banana 2 cups frozen mixed berries 2 cups ice (if using fresh berries) Instructions 1. Place all ingredients into the blender and secure lid. 2. For Blendtec: Press the SMOOTHIE button 3. For Vitamix: Select VARIABLE speed #1. Turn machine on and slowly increase speed to VARIABLE speed #10 then flip to high. Blend for 45 seconds or until desired consistency is reached. Grab the book for more recipes now!

10 day detox diet shake: 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!

10 day detox diet shake: 10 Day Green Smoothie Cleanse : 50 New Sleep Helper Recipes Revealed! Get The Sleep You Deserved Now Scott Green, 2015-06-10 NutriBullet Sleepy Seeds Smoothie Ingredients 1 banana, sliced 1/4 cup blueberries 1/4 cup raspberries 2 cups spinach 1 tbsp pumpkin seeds 1 tbsp sunflower seeds Instructions Place ingredients into a blender and blend until a smooth consistency is achieved. For the best results with easy clean up, we recommend using a

NutriBullet Nutrition Extractor. Grab the book for more smoothie recipes now!

10 day detox diet shake: 10 Day Green Smoothie Cleanse : 50 New Fountain Of Youth Recipes To A Younger Looking You Now Scott Green, 2015-06-10 Apple and Blueberry Juice: Ingredients: Blueberries - 2 cups Apples - 2 Method: Thoroughly wash and remove the seeds of the fruits. Put them in a blender and make a juice. Add some ice and enjoy this tasty drink. Drink the juice immediately after preparation; it will gain a gel like texture after half an hour of preparation. Grab the book for more smoothie recipes now!

10 day detox diet shake: 10 Day Green Smoothie Cleanse : A Box Set of 100+ Recipes For A Healthier You Now! Scott Green, 2015-06-10 Many smoothies are made with fruit that is mixed with milk or yogurt and crushed ice. Still other recipes utilize fruit juices, especially those that need to be dairy free for someone that is lactose intolerant. However, it is safe to say that there is a specific smoothie recipe that is available for virtually every type of individual and every need. Grab this box set of 100+ recipes to brew your favorite green smoothie now

10 day detox diet shake: Is Gwyneth Paltrow Wrong About Everything? Timothy Caulfield, 2016-05-10 An exploration of the effect our celebrity-dominated culture has on our ideas of what it means to live the good life What would happen if an average Joe tried out for American Idol, underwent a professional makeover, endured Gwyneth Paltrow's "Clean Cleanse," and followed the outrageous rituals of the rich and famous? Health law policy researcher Timothy Caulfield finds out in this thoroughly unique, engaging, and provocative book about celebrity culture and its iron grip on today's society. Over the past decade, our perceptions of beauty, health, success, and happiness have become increasingly framed by a popular culture steeped in celebrity influence and ever more disconnected from reality. Research tells us that our health decisions and goals are influenced by celebrity culture and endorsements, our children's ambitions are now overwhelmingly governed by the fantasy of fame, and the ideals of beauty and success are mediated through a celebrity-dominated worldview. But while much has been written about the cause of our obsession with the rich and famous, Caulfield argues that not enough has been done to debunk celebrity messages and promises about health, diet, beauty, or happiness. From super-thin models to Gwyneth Paltrow's endorsement of a gluten free-diet for almost anyone, celebrity opinions have the power to dominate our conversations and outlooks. In this book, Caulfield provides an entertaining look into the celebrity world, including vivid accounts of his own experiences trying out for American Idol, having his skin resurfaced, and doing the cleanse; interviews with actual celebrities; thought-provoking facts, and a practical and evidence-based reality check on our own celebrity ambitions.

10 day detox diet shake: Green Smoothie Cleanse: Detoxification & Fat Loss Kris Johns, 2018-11-19 Cleanse your BODY and LOSE SUBSTANTIAL WEIGHT with GREEN SMOOTHIE CLEANSE: DETOXIFICATION & FAT LOSS. SMOOTHIES are naturally packed with WHOLE FOODS and ANTIOXIDANTS from FRESH FRUITS and VEGETABLES, making them the EASIEST and TASTIEST way to IMPROVE your HEALTH, and get GLOWING SKIN and HAIR! Get 120+ RECIPES for FRESH, DELICIOUS FRUIT and VEGETABLE GREEN SMOOTHIES to DETOX your SYSTEM, STRENGTHEN your IMMUNITY, and IMPROVE various HEALTH conditions and goals. By consuming this LIQUID NUTRITION you can get rid of stubborn BODY FAT, including BELLY FAT! Lose 10-12 POUNDS in 10 DAYS by sipping DELICIOUS, EASY-TO-MAKE SMOOTHIE to embrace a HEALTHIER LIFESTYLE that will make you LOOK and FEEL GOOD. This book provides a SHOPPING LIST, RECIPES, and short & simple INSTRUCTIONS for the 10-DAY CLEANSE, along with MEAL PLAN. Also gives suggestions for getting the best results & MAINTAINING it after you FINISH your CLEANSE and DETOXIFICATION.

10 day detox diet shake: Green Smoothies for Life JJ Smith, 2016-12-27 30 days to quick and lasting weight loss--Cover.

10 day detox diet shake: Lose up to 10-15 Pounds in Only 10 Days with the Green Smoothie Recipe Diet J.D. Rockefeller, 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.

10 day detox diet shake: *The Diet Guide* J.D. Rockefeller, 2016-11-02 If you are looking to lose weight in a healthy manner, raise your energy levels, improve your overall health and well-being, and detox and cleanse your body, then this book is for you. Also, if you are simply looking for good tasting, healthy green snacks that you can have throughout the day as well as share with your loved ones - snacks that taste good and are good for you too - this book is definitely for you! This book will not only teach you how to lose those extra pounds in a healthy, easy way but will also guide you through an easy-to-follow detoxification plan that will restore your energy levels and will revive your health. In addition, you will learn many easy-to-make, awesome tasting recipes that will have your taste buds begging for more! It is time to re-energize, revitalize, detox, lose weight and reclaim your body's health. This Diet Guide will help you accomplish just that. So let's get started!

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