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## **10 Day Green Smoothie Cleanse Journal: Diet Tracker- A Must Have For Everyone On the 10-day green Smoothie cleanse by JJ Smith** Diet Journal Books

Are you following the 10-Day Smoothie Cleanse Program by JJ Smith? If so then this 10 Day Smoothie Cleanse Journal is for you! 10 Day Smoothie Cleanse Journal is a unique and personalized approach for the frequent dieter. A nutritionist and certified weight-loss expert will devise a healthy meal plan just for you based on your age, weight, occupation and more. The 10 Day Smoothie Cleanse Journal ultimately helps you control your weight with knowledge. This is the best diet for anyone who wants something to work when other fad diets have been less than ideal. A notebook will be a wonderful way to document the process of your weight loss journey. You can describe the ups and downs of the transition as you begin the 10 Day Smoothie Cleanse Journal for a brighter and healthier future.

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