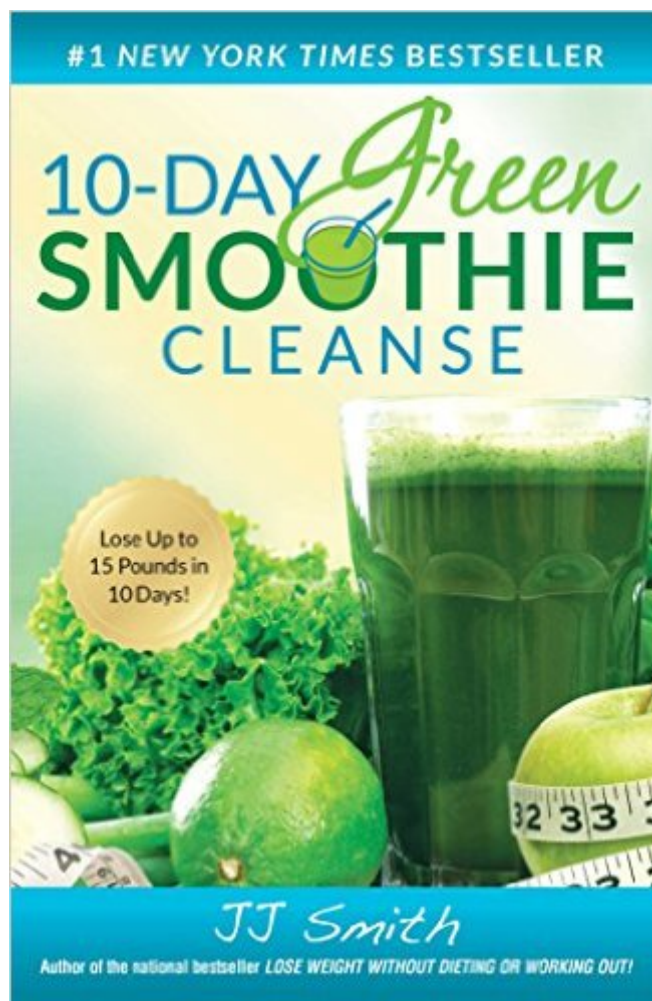




Ebook Directory
the best source of ebook

The book was found

10-Day Green Smoothie Cleanse



Synopsis

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will

- 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

Book Information

Paperback: 192 pages

Publisher: Atria Books (July 15, 2014)

Language: English

ISBN-10: 1501100106

ISBN-13: 978-1501100109

Product Dimensions: 5.5 x 0.6 x 8.4 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 8,381 customer reviews

Best Sellers Rank: #287 in Books (See Top 100 in Books) #1 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#) #11 in [Books > Health, Fitness & Dieting > Nutrition](#) #13 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#)

Customer Reviews

Here are just a few of the testimonials from those who did the 10-Day Green Smoothie Cleanse: "I completed my 10 days & lost a total of 15 pounds Woooo-hoooo!! I learned so much about my body and the importance of clean eating in this short time period." -- Nicole F. "DAY 10!!!! Feeling super excited at how far I've come!! I've lost 14 pounds and I feel amazing!" -- Mya B.

"I'm feeling more energetic, my eyes are clear, and lower back pain has decreased. Today is day 10 and I have lost 13 pounds and have noticed the belly fat melting away." -- Wilson G. --This text refers to the Audio CD edition.

JJ Smith is the author of the New York Times bestseller, *The 10-Day Green Smoothie Cleanse*, and the #1 national bestseller and USA TODAY bestseller *Lose Weight Without Dieting or Working Out!* She is a nutritionist and certified weight-loss expert who has been featured on *The Steve Harvey Show*, *The Montel Williams Show*, and *The Jamie Foxx Show* and on the NBC, FOX, and CW Network television stations, as well as in the pages of *Glamour*, *Essence*, and *Ladies Home Journal*. Since reclaiming her health, losing weight, and discovering a "second youth" in her forties, JJ has become the voice of inspiration to those who want to lose weight, be healthy, and get their sexy back! To learn more, check out www.JJSmithOnline.com.

What an amazing book! I'm not a believer of diets or drastic changes in your eating habits. That only means temporary change=body harm. I'm a 31 y/o. No kids. Married. With a 7:30-5:00 job. A 40 min commute. And a fitbit watch to try to achieve at least 8,000 steps a day. In other words, I'm kinda normal. I always was underweight. My ideal weight used to be 106-110. I'm only 5ft. When I turned 26 my weight started to change due to bad eating habits. I went to 125, then 135 and finally 145. I started watching what I was eating about two years ago, but losing that extra weight hasn't been easy. As per my primary doc, my ideal weight for my height and age should be 115-125. I don't know how to achieve that! I do not consume sugars/sweets because I simply don't like them. My weakness is beer and buffalo wings. I don't eat salty either, it became a habit after my dad got a heart surgery about ten years ago. My breakfast is usually tea with crackers, for lunch I like soup, and dinner varies. But I think dinner is what kills me. For the most part I cook a typical Hispanic meal: rice, beans, and some sort of meat. But when I don't cook, hubby and I just order food (pizza or Chinese). For about two years now, my weight hit the 130-135 mark. I have not been able to weigh less than that. I decided to give this book a try not to achieve my ideal weight, I gave up on that a while ago. But to cleanse my system which I think is something I truly need. In just four days I already feel the difference: I'm sleeping so much better. I have so much energy and somehow, I'm always happy (I'm like that famous grumpy cat, so a happy face is abnormal in my case haha). Giving up meats is not a challenge (I was vegetarian for about three years, until I developed rashes and a weak immune system). I'm not that much into dairy. Fruits are the love of my life. I love bread, but I can survive without it; same with pasta. But the beer??? Oh my! I love my beer at night.

Yet, I have not missed it. Im fine without it ;)Weird craving Ive been having is salt. However, I love pickled veggies, so I guess thats where the craving comes from.What makes this program easy is that you are not deprived from eating at all. If you feel hungry you get to eat any veggies or fruits of your choice. You also get to eat hard boiled eggs, which I never ate those many before in my life hahaha. They are filling and very nutritious. The book does not mention a limit on eggs. I did some research and an average of 4-6 a day is completely healthy. I'm having three a day. I also snack on fruits and veggies that are not part of the smoothy of the day, that way I do not loose motivation.I am not doing the salt-water flush. Not my thing.! I will let my body do everything on its own. Im not adding sweetners either, but thats just because as I said before, I dont like sweets. Im drinking plenty of water which I always have, and a bought a variety of detox teas to switch flavors.Lastly, pretty much all my ingredients are organic. Ive been buying organic for years now. And I am not adding any protein to my smoothies. I rather to get that protein from organic eggs.I will update this post with more results. My experience is a good one. I completely suggest you try this program. The only side effect I experienced was a little rash by my lip. It went away in half hour and it happened on my first day. Another thing Im experiencing is something like hot-flashes hahaha... I just wake up sweating and with my body tempeture up. But I dont feel like is something bad. Maybe the sweat is the way my system is cleansing.By the way, I decided to take pics everyday. I want to see the difference my self. No filters used, filters dont cheat others but yourself! And, I decided to use the same outfit when taking the pictures so that the results are hopefully, more visible.Good luck trying the program!

2/4/16UpdateHello everyone!! am sorry for not updating this post earlier. Believe it or not, I couldnt figure out how to do it + Im a busy girl.So, I uploaded all other pics.Since a succesful end to my cleanse, I have continued with the modified version (2 smoothies and a HEALTHY meal).My total loss was 10 pounds and I continue to be at 125. 125 is perfect in my case given my height and age. However, I am thinking about doing the cleanse again soon; not to lose weight, but to get rid of xmas/new yrs/vacation toxins :)I have to admit that my eating habits completely changed. I continue to crave fruits and veggies on a daily basis. To me that is the most interesting part of all. I continue to indulge on buffalo wings and beer over the weekends and my results continue to be the same. By The way, on the weekends I rarely drink smoothies; I eat 2-3 meals and feel just fine. However, and once again, my meals are healthy. I kinda became a pesquetarian, all I eat is fish and lots of veggies.On another note, I gave a try to three different things mentioned in the book: sea-salt water flush (I add a lime to it to make it easier to drink) and oh my if I recommend it, it makes me feel digestively clean :). I also bought Mag07 and wow! JJ Smith is right about those pills, is a great way to stay regular and help your digestive system stay healthy. Finally, I did the liver

cleanse (8oz water and 2tbs apple cider vinegar) and my waist has gotten thinner. I continue to go to the book all the time. I get recipes from there, and I just go back to her various tips. Since, I bought another book with hundreds of green smoothie recipes. I like JJ Smith's recipes better because are less sweeter, but nonetheless, the other book helps me keep up with my routine too. I developed a method: Once a month I get a shopping list ready. I separate all recipes on ziploc bags and freeze them. The night before I take them out and done! I waste no time making my daily dose of health. I also bought a Ninja blender. Mine was a small one and I had to make a smoothie at a time (no time for that in the am). I'm totally in love with my new blender because I make 2-3 cups of the same smoothie at once. Feel free to ask me questions. I continue to recommend the book. I'm also very active in JJ Smith's twitter account because the program worked like a charm in my case. I love my new eating habits and how I feel in general, and that's all thanks to JJ Smith. Last note: people constantly compliment me on my skin and hair, people do notice my weight loss, and people continue to talk about how cheerful I am most of the time which I find hilarious given how grumpy I am ha! Best of luck to those considering the cleanse.

This is an awesome and very helpful book, I've lost 15 pounds on my first 10 days of this journey I thank GOD for JJ Smith for coming up with this life changing book and I highly recommend it to everyone who wants to live a healthy life.

I love this book it's very helpful. I followed directions and lost 12 pounds in 10 days and the smoothies taste well too

I don't buy into fad diets. I'm extremely fit and active. I've worked out over half my life in some form or another I have always been active. I eat healthy - no processed foods, no junk food. Ever. I make nearly everything from scratch, I even grow 90% of my own produce, raise my own chickens for eggs and meat. I drink a gallon of water everyday. But lately I have been battling some hormone issues due to cortisone injections I received in my back of the last 2 years while rehabbing an injury. I gained 15lbs I desperately want to lose. I'm healthy, but saw my doctor who wouldn't do much for the hormonal imbalance. He prescribed me an anti-depressant (that I promptly threw in the trash) and told me to exercise more. Feeling frustrated I found this book. I ordered from Amazon and had it shipped the next day. Immediately I was skeptical by the large amount of fruit in the smoothies. I love fruit, don't get me wrong. If I had to choose a treat, chocolate cake or fresh fruit. I would pick fruit hands down. But I don't eat it every day. And when I do it's a small amount, when in season. I would

never polish off an entire pineapple myself in one day. I would feel awful. which is exactly how I felt through most of this diet. I felt deprived and not detoxed. I had to give up my usual workouts and settle for walking in the evenings. Most nights I barely had energy for that. I slept 12 hours and it was fairly restless sleep. I was cranky and irritable by 1:00pm and needed a nap. I craved clean protein and healthy fat like crazy. I may have even eaten an entire jar of almond butter in 2 days. I'm a farmer - my work is very physical. I found myself working 2-4 hours and needing to go home. I'd get light headed and nauseous quickly. Did I finish the full cleanse? Nope. I made it to day 6. I kept waiting for the burst of energy. But it never happened. Did I lose weight? 3lbs! I did lose inches. 1" in the waist, 2" in the hips was most notable. That was the area where my swelling/weight gain was most significant. I imagine most of that was water weight. Is this cleanse worthless? Yes and no. If you are physically active, yes. If you do moderate to strenuous exercise 4 or more days a week. Don't bother doing the full cleanse. Your energy levels will be tanked. Unless you are use to eating large quantities of sugar, the amount of fruit will sabotage your blood sugar levels. I tried modifying the amounts of fruit. Today my smoothie was 8:1 veggies to fruit. It was better but I still craved healthy fats and protein. Even with a couple scoops of protein I still needed fat. Slices of avocado sounded like heaven. Other than losing a couple inches of water weight, what did I gain from this book to justify the 3 stars (I had originally given it 2*) I have a better awareness of my snacking needs. I'm definitely going to make sure I have better snacks on hand - raw veggies and nuts. I forget how much I love these snacks. It's too easy to get lazy and grab a less healthy option. Or worse yet, skip snacks and eating all together. And if and when I do crave sugar, I have everything I need in my freezer to make a sugar laden smoothie delight. Much better than indulging in cinnamon rolls. Which I don't think I will be eating any fruit or sugary foods for a long time. I have maxed out my quota of sugar for the year. Do I think this diet/cleanse is any good? Yes. I do. For those on a typical American diet of fast food and junk. This is an easy healthy transition to a healthier lifestyle. The smoothies taste like candy and are palatable even to my junk food junkie 14year old, who's diet consists of mac and cheese and cookies. She tasted today's green sludge and found it to be decent. So if it gets people with a bad diet to clean up- then bravo! If you are already healthy, and try this- prepare for serious sugar crashes and incessant cravings for avocados and a wild caught poached salmon dinner. I will refer to this book from time to time for recipes. The last half of the book seemed to fill space with reviews and testimonials. Blah. I feel more time should have been spent offering alternatives to different lifestyles. I felt deprived of the good stuff my body needed. Tonight I'm indulging in fried eggs in real butter and green lentils with spinach and tomatoes. I don't want to see another grape or blueberry for a few months. Please JJ make a version for an active person.

This is great If you are just getting started on an active lifestyle or never worked out a day in your life, this diet is for you! It will wean you off your Big Mac's, Taco Bell and Coca-Cola for sure! Do it. If you already eat clean. Be prepared for disappointment. You'll lose inches and weight but you will feel like crap doing it.

Love it the Recipes are great and its all easy to follow! love how it has the shopping list broken out

[Download to continue reading...](#)

Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) The New Green Smoothie Diet Solution: Nature's Fast Lane for Peak Health (Green Smoothie Guides Book 1) The Ultimate Vegan Recipe and Green Smoothie Cookbook - 50 Delicious Vegan Recipes and 25 Amazing Green Smoothie Recipes Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes - Look Good - Feel Better - Live Strong (Smoothie Bible) South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy 10-Day Green Smoothie Cleanse 10-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 Days! Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) 3 Day Green Smoothie Detox: The Faster, Better, Stronger Weight Loss Plan (Green Smoothies) Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Green Smoothies: Alkaline Green Smoothie Recipes to Detox, Lose Weight, and Feel Energized Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Green for Life: The Updated Classic on Green Smoothie Nutrition Green Smoothies - Top 200 Green Smoothie Recipes Diabetic Smoothie Recipes: Top 365 Diabetic Friendly Easy to make/blend Delicious Smoothie Recipes (1) Red

Smoothie Detox Factor: Red Smoothie Detox Factor (Vol. 2) - Healthy Red Smoothies with Superfoods That Detoxify Your System Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)