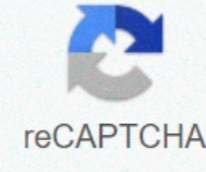




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10 day green smoothie cleanse jj smith pdf

When 5 days less than 5 more to go! I can do this. It can be done! You know how I'm such a diet, detoxes and cleanses! I don't know why. Maybe that's the challenge. Smack the number on a diet or detox and I'm in the game! Now I'm right smack dab in the middle of a 10-day green smoothie cleanses JJ Smith! This is my second time I've tried this detox. I will do much better in this round hahaha. I know a lot of guys are following me as well and starting on Monday! I decided to jump further so I can't get off blogging it and that I could give you my views earlier instead of the day after. Have you ever heard of a 10-day green smoothie cleansed? I usually turn to my green monster or cabbage soup when I need to drop a few pounds, but it's cleansing really to intrigue me. Success stories were crazy, and because I love smoothies... what the hell right? Here's how Days 1-5 went down! But first, here are some quick links and products you need:10-day Green Smoothie Cleanse FB Support Group PREP DAY: Went grocery: I hit up Target to buy all the smoothie ingredients in days 1-5. That was expensive! However, I do not go all organic and do not feel like store hopping to find the cheapest price. Protein powder was \$30, but it's optional. This makes smoothies taste a scratch so I only use it a few times. It should take you longer. I couldn't tell the difference. Here are grocery lists for Days 4-5 (I don't publish recipes on this site, out of respect for the author. You need to buy a book that is important because it is full of everything you need to know, tips, additional recipes and so on. It's always on sale and it's on sale right now for \$8.99 on Amazon) 10-day Green Smoothie Cleanse Grocery List (Days 1-5)6 apples1 bunch grapes20 oz. frozen peaches20 oz. blueberries15 oz strawberries10 oz. frozen strawberries10 oz. frozen mixed berries6 oz. mango chunks3 bananas1 bunch kale20 oz. spinach20 oz. spring blend greensstevia that sweetflaxseedDetox teaMere saltSnack foods: eggs, apples, tuna, raw crunchy vegetables, square bars, dairy-free, vegetable protein powder (optional)2. Take measurements and weigh yourself. I clocked at 141.0 pounds. I'm 5'0 so it's considered to consider I think. I'd be happy to keep that fluffy and my gut! Which is what I hope to lose by doing this cleaning.3. Have the last meal: This is not a book hahaha but before any dietary restriction I always have the last meal of anything I want. For my last meal, I ate a roasted Philly cheese steak sub, fries and cold iced tea. And a big piece of chocolate cake and vanilla ice cream. It was unbelievable. 4. Do some prepping: To create yourself a success I have created a motivational calendar to tick every day. Something checking things and seeing the deadline helps me focus. I gave myself little sweets along the way like a pedicure sucked in the 4th. I also got my smoothie ingredients ready the next morning so I didn't have to measure anything out. Just throw and mix. If you have to go to work, I'd really recommend preparing all your snacks and smoothies the night before. Speaking of Snacks Here's a list of snacks you can have for a 10-day Green Smoothie Cleanse. You will have a free snack if you are hungry, but only those items. Some of these items are not a book, but the author posted them on the Facebook fan page because people were asking for more snack options. These are the only snacks allowed.10-day Green Smoothie Cleanse Current Approved Snack List Print PinApplesCrunchy raw vegetablesSquare Bars these sky. GET THEM! I got a variety pack Of Boiled Eggs to make deviled eggs! They are all for you ButterNuts & SeedsYou are free to eat snacks if you are hungry on the approved list. Not many options, but it's fun to get creative! The author advises you to eat these snacks if you get hungry all day. You're sick of these snacks at the end of the cleaning. Snacking a lot slows your progress. Mention @divascancook or tag #divascancook! The snack I've enjoyed and loved over the last 5 days is: (I'm following another set of snacks in my day -10 review)Peanut Butter Apple NachosTO MAKE: Slice 2 apples (I used grandma's blacksmith & gala) into slices. Drizzle with lemon juice. In a small bowl, heat 3 tbsp peanut butter until melted. Mix 1/2 teaspoon apple pie spice and 1/8 teaspoon vanilla extract. Drizzle over sliced apples and sprinkle with 1 tablespoon of crushed cashews or walnuts. No-Mayo Deviled EggsTO DO: Slice two boiled eggs in half. Shovel the gel into a bowl. Add 1-2 tablespoons of indian ranch dip (recipe below) and a few drops of water to create a creamy filling. Season with smoked salt, black pepper, dill and chives until the desired taste is achieved. Garnish with smoked peppers and chives. Raw Indian Ranch Dip With VegetablesTO DO: Soak 1 cup of raw cashews in water for 2 hours. Drain the water and place the cashews in the food processor. Add 3/4 cup water, 1 teaspoon garlic, 2 teaspoons apple cider vinegar, 1 teaspoon dill weed, 1 1/2 teaspoon parsley, 1 teaspoon grass and 1/4 teaspoon garlic powder (can also be added onion powder if desired). Blend until creamy. Season with sea salt and black pepper to bring out the taste. Store in a refrigerator. * NOTE * You can season it any way you want, you can make sweet cinnamon and stevia or seasoning. If you don't like the ranch then just add your favorite condiments. That's the creamy base you're going for! Spicy Tuna Taco Cucumber BitesTO MAKE: Peel 1 Cucumber. Slice width-wise about 1 1/2 inch slices. Cut some in the middle create a bowl. The use of a teaspoon helps with carving. Cancel. In a bowl mix together 1/2 cup tuna, 3-4 tablespoons indian dip, 1 teaspoon chili powder, generous pinch cayenne, 1 teaspoon cumin, 1 teaspoon cilantro, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder. Add sea salt and black pepper. Taste to taste and adjust the seasoning according to your taste. A spoonful of cucumber cups. Broccoli tuna saladTO make: in a bowl, mix together 1/2 cup finely chopped broccoli, 1/4 cup tuna, 2 tablespoons indian dip, 1 tablespoon diced yellow pepper, 1 tablespoon red onion. Season with smoked salt, black pepper, garlic powder and cumin. Here's How the 10-DAY Green Smoothie Went For Me (Day 1-5)DAILY DIARYDay 1: Morning Started Great. I was so ready and ready to start! I drank my detox tea instead of coffee. I really missed my morning coffee. The smoothie was really good after adding some extras. Extreme headaches that are set this afternoon with fatigue and I'm super upset. It's a coffee detoxification headache I know. I don't feel hungry, but I want to feel full (hard to explain.) I really crave pasta and hot cheese pizza! I made chicken offers for dinner fam and I ate some of them. The staff were very friendly and helpful. I wished I'd had a prepared dinner for a few days. It is heavy-smelling food and cooking foods and can not try. I can't stop thinking about food! I went to bed at 7:30. I was so drained.* Tip * Take a painkiller as soon as you start to feel the detox symptoms (headaches, body aches, etc.) I tried to rough it out and when it set out, the painkiller couldn't even touch the pain. Brutal! I would recommend starting a cleanse on the weekend if you are detoxing in from caffeine and sugar. If I ever clean it again I will slowly wean myself into coffee, may start with a half cup in the morning instead of a cold turkey. It wasn't worth what I felt. Day 2: I woke up feeling fresh, but 4 pimples on my cheek. Only a very mild headache remained. The smoothie was pretty tasty and, of course, I added extra stuff there to make it sweeter! Like yesterday's headaches and extreme fatigue struck me like the tone of bricks in the afternoon. I was so tired. I took a 2-hour nap (I never take a nap) I dragged myself all day. I feel like I'm in a different state of mind, very fuzzy thinking and blah. Gas and bloating are terrible! I'm ready for this to be over. I know these are detox symptoms. I'm super moody and the circles under my eyes are much darker. I took lavender epsom salt bath because I felt pain, and then I felt dizzy when I got out of the bath. I keep thinking about food and looking at the clock for my next snack. I'm not really hungry just want to eat I guess. I went again Sleep. Day 3: I woke up fresh again. I slept well. Well, there was no headache when I woke up though a very mild one did not set during the afternoon. Nothing big. I can tell I'm going to come out of the fog. I still feel very tired, but I don't have that sense of brain fog. Hopefully it'll be better tomorrow. I'm not sure I want to continue this cleanup. I barely drank half a smoothie. I just want to get back. I don't like being moody and tired. I have a lot of things to do to make myself feel that way. I haven't had fun with mom since I started this cleanse and so I planned a little movie night with my boys and me. I cheated and ate some popcorn with them. No regrets. They've been such good guys to me when I haven't felt good. Day 4: I feel fabulous!!! Wow, tell me what the difference makes during the day! I read comments that said just do it on the last day 3 or 4 and things are going to look like it, but I really didn't believe it. I'm religious now. I woke up, I feel great. I was happy when I woke up and ready to start my day. A lot of energy, no signs of headache, fatigue or body pain. I'm really surprised. I think I've officially detoxed my morning cup of coffee that I've had for years in a row. I miss my coffee and I plan on going back to it LOL. I didn't make a smoothie today because I had so much left over yesterday. I don't step on a scale, but my stomach looks flattering! Yes!!! Day 5: I woke up today and went to the bathroom and nothing looked different from my feet. I didn't get it, and then it hit me. Wait, what! The top of my thighs doesn't rub anymore when I walk lollllll yep, this cleanse works!!! I'm so willing to step on the scale, but I'm not going to do it until 9/11. I only made half a smoothie today. For some reason, I'm not that hungry and didn't want to waste it because I didn't finish it yesterday either. I decided it was best to throw myself into a project to keep your mind off snacking. It worked. I've been organizing linen closets that I've been pushing and working on my movie kitchen. It's been a lot of fun. Today was easy. I didn't cheat at all today. I got it all!!!! So glad I decided to help it out. Click here to see my results and days 8-10! 8-10!

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