


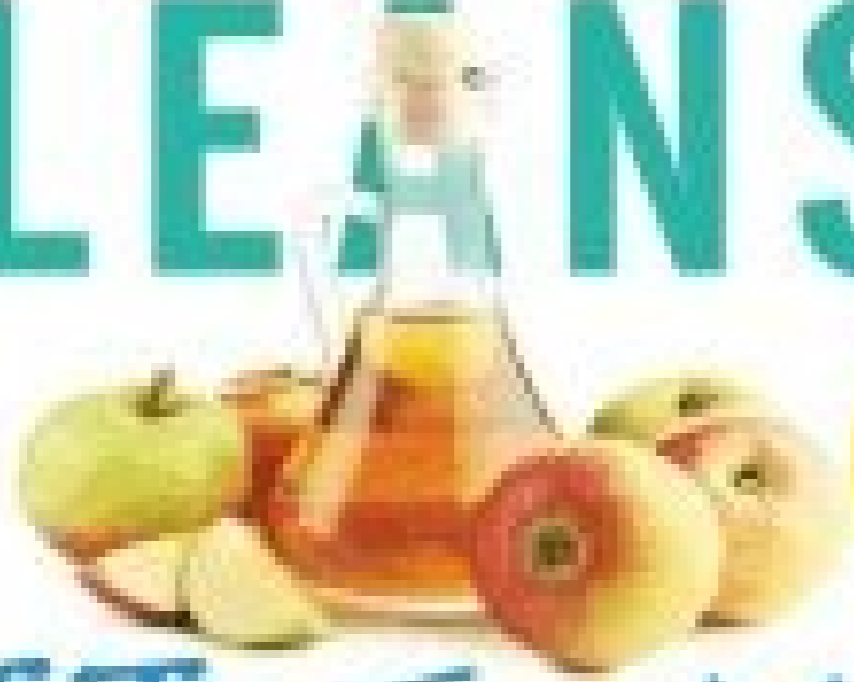
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Lose Up to 15 Pounds in 7 Days and Turn Your Body Into a Fat-Burning Machine

7-Day APPLE CIDER VINEGAR CLEANSE



NEW YORK
TIMES
BESTSELLER

JJ Smith

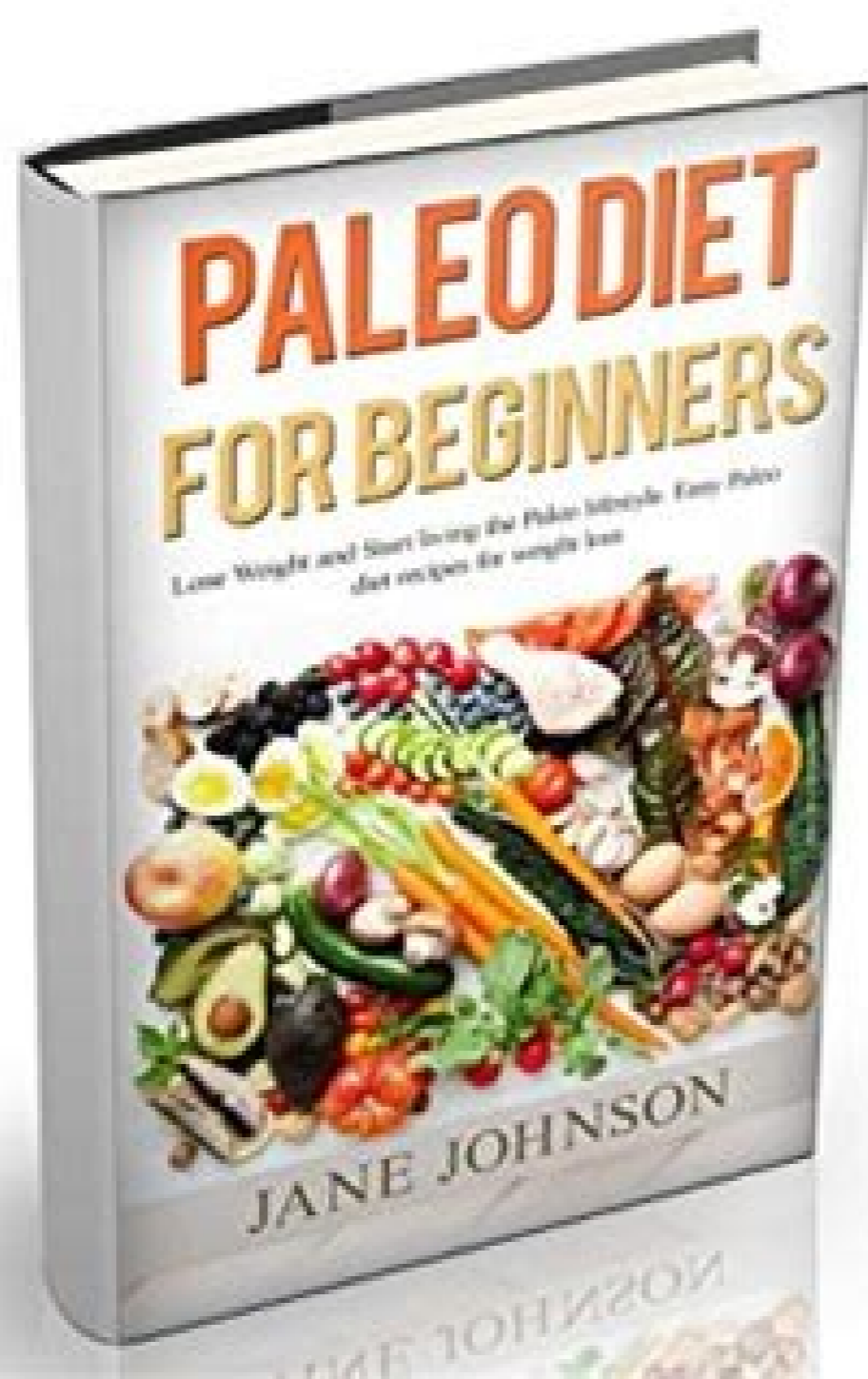
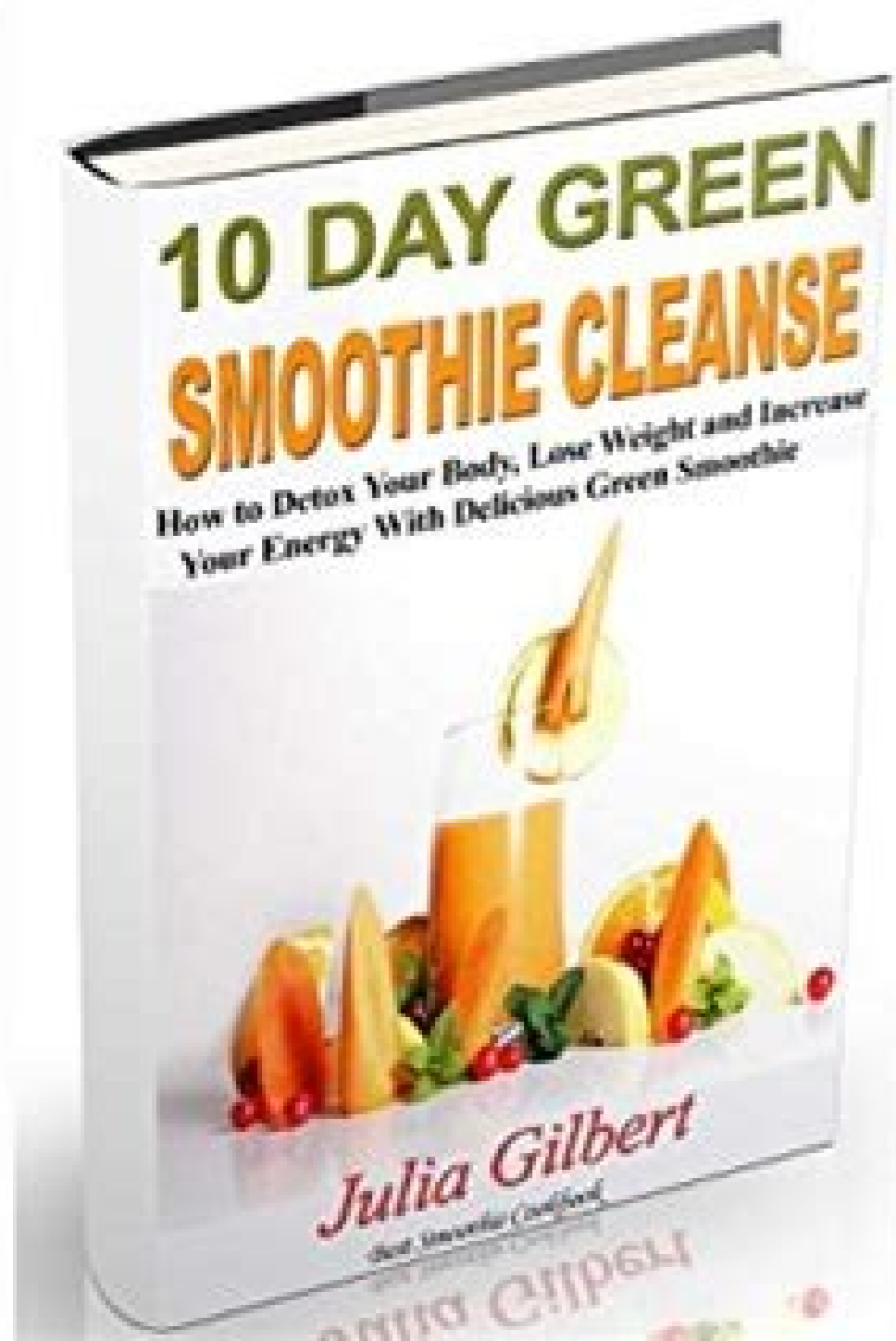
#1 NEW YORK TIMES BESTSELLING AUTHOR OF
10-DAY GREEN SMOOTHIE CLEANSE

10 DAY GREEN SMOOTHIE CLEANSE

Day 1: Berry Green

- 3 handfuls spinach
 - 2 cups water
 - 1 apple, cored, quartered
 - 1 cup frozen mangoes
 - 1 cup frozen strawberries
 - 1 handful frozen or fresh seedless grapes
 - 1 stevia packet (add more to sweeten, if necessary)
 - 2 tablespoons ground flaxseeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and until mixture is a green juice-like consistency blender and add remaining ingredients. Blend creamy.



Day 10: Pineapple Kale

- 2 handfuls kale
 - 1 handful spring mix greens
 - 2 cups water
 - 1/2 cup frozen peaches
 - 2 handfuls pineapple chunks
 - 2 packets stevia
 - 2 tablespoons ground flaxseeds
- OPTIONAL: 1 scoop of protein powder

Place leafy greens and water into blender and until mixture is a green juice-like consistency blender and add remaining ingredients. Blend creamy.



10 day slim detox. Green smoothie 10 day cleanse pdf.

On your second day, have green smoothies for breakfast and lunch but a light healthy meal, such as a salad, for dinner. If you're diabetic or have candida, use only low-sugar fruits, monitor blood sugar, and get a doctor's permission before following the diet. How to continue losing weight after the 10-day cleanse
What to eat to continue losing weight
Foods to avoid to continue losing weight
To continue weight loss at about two pounds per week, drink two green smoothies a day and eat one clean, high-protein meal. Take at least 3 days to reintroduce whole foods. A "break" would be several weeks (3-4 weeks). Please add a comment or question below. These brands are mentioned: Vitamix, Blendtec, and Nutribullet. You can download the paper by clicking the button above. If not, just switch to the modified cleanse for the remainder of the cleanse period
Foods to avoid with 10-Day Green Smoothie Cleanse - Full Cleanse
In your smoothies for the 10-day cleanse, do not include any starchy vegetables such as sweet potatoes, carrots, beets, or any other vegetable that are not leafy greens
Refined and processed foods
Refined sugar
Refined carbs - white bread, pastas, donuts, etc.
Are you ready to look slimmer, healthier, and sexier than you have in years? How has this diet helped you? © 1996-2014, Amazon.com, Inc. Feel free to add stevia, a natural sweetener, to your detox tea to enhance the taste
It is very important to drink a lot of water each day during the cleanse. It's important to drink a green smoothie or snack every three to four hours to keep your metabolism revved up. This will provide the most health and weight-loss benefits, with an expected weight loss between ten and fifteen pounds, according to the book.
Normal weight loss is 1-2 pounds per week after the cleanse. You must first detoxify the body. 10-day cleanse - either full (green smoothies and light snacks) or modified (green smoothies and snacks and a non-smoothie meal a day). However, if you snack all day, you will not lose as much weight. In ten days, you can expect to lose weight, reduce cravings, clear your mind, and improve digestion. If you've been off the 10-day cleanse for a few weeks and now want to redo the full cleanse or do it for longer than 2 weeks, you have to deliberately add more protein into your diet and be sure to rotate or use different greens each week. Thank You! Try a different method
Table of Contents
You may also like: Thriller and Mystery Staff Picks Loading Preview
Sorry, preview is currently unavailable. Continuing to lose weight / lifetime diet - unprocessed, lots of produce, healthy fats, low sugar. Oils: Avocado oil, coconut oil, extra-virgin olive oil, fish oil, flaxseed oil, sesame oil
Sweeteners: Stevia, monk fruit, xylitol, agave nectar, raw honey, coconut palm sugar, sugar alcohol
Spices & seasonings: Apple cider vinegar, black pepper, cardamom, cayenne pepper, chili peppers, cilantro, cinnamon, ginger, parsley, garlic, nutmeg, onion, oregano, rosemary, sage, saffron, tamari, thyme, turmeric
Snacks: Fresh fruits & veggies, popcorn (lightly salted), unsweetened peanut butter / cashew butter / almond butter, organic unsweetened chocolate, nuts and seeds, hard-boiled eggs, plain yogurt, trail mix
Beverages: Distilled or spring water, alkaline water, coconut water, fresh-squeezed juices, green tea, black tea, mint tea / other herbal teas
Cooking methods: Baking, broiling, grilling, poaching, pressure cooking, roasting, sautéing, steaming, stir frying
Superfood additions for smoothies: Acai berries, aloe vera, avocado, bee pollen, brewer's (nutritional) yeast), cayenne pepper, chia seeds, raw chocolate, coconut oil, flax oil, ginger, goji berries, maca root, pomegranate juice, sprouts, wheat germ (raw), wheatgrass juice (fresh or powdered), yogurt or kefir
General weight loss - foods to avoid because they cause weight gain
Animal protein
Processed meats - e.g. bacon, beef jerky, hot dogs, pepperoni, salami, sausage
High fat meats - e.g. prime rib, porterhouse
Veggies
All vegetables are generally good for you; however if you're trying to lose weight, try to avoid eating white potatoes, red potatoes, corn, and plantains
Fruits
Canned fruits, dried fruits, and fruit snacks
Grains (breads, pasta, rice)
Bagels, donuts, white rice, white pasta, white bread, white flour
Beans/legumes
Dried beans, refried beans
Dairy
Regular (full-fat) cow's milk, cheese, cottage cheese, cream cheese, and sour cream; condensed milk, powdered milk, powdered eggs, yogurt with fruit on the bottom
Nuts and seeds
Sugar-coated nuts and seeds
Oils
Bacon fat, chicken fat, margarine, hydrogenated oils (trans fats), vegetable oils
Sweeteners
White sugar, high-fructose corn syrup, HFCS, brown rice syrup, dextrose, fruit juice concentrate, raw sugar
Spices & seasonings
Ketchup, mayonnaise, MSG, table salt, Worcestershire sauce
Snacks
Candy, pies, corn chips, cookies, donuts, cakes, ice cream pastries, potato chips
Beverages
Sodas, sports drinks, store-bought fruit juices, mixed drinks, beer
Cooking methods
Barbecuing, blackening, burning or charring, deep frying, pan frying
Health benefits claimed in 10-Day Green Smoothie Cleanse
The diet in this book claims to reduce the risks for: allergies, bloating, brain fog, constipation, poor digestion, low energy, fatigue, food cravings, headaches, indigestion, infections, insomnia, overweight/obesity, chronic pain, sensitivities, yeast infections
As always, this is not intended to be a replacement for professional medical diagnosis or treatment for a medical condition. Going back to eating whole foods too quickly can make you feel bloated and nauseous. Snack until your body adjusts to less food. If the detox symptoms are too strong, follow these guidelines: Change the ratio of fruit to vegetables - start with 30% greens to 70% fruit and work your way up to more greens and less fruit over time
Hydrate - drink lots of water to help with the cleansing process
Ease gradually into the full cleanse - on your first day, have a green smoothie for breakfast and eat light, healthy meals for lunch and dinner (big salads). The reasoning behind 10-Day Green Smoothie Cleanse
The book says that the first step in losing weight is detoxification, to remove toxic overload from the body. You will detoxify your body through elimination of certain foods for ten days and reprogram your taste buds to desire healthy, nutrient-rich foods. Use a non-dairy, plant-based protein powder, such as rice, soy, or hemp protein, and not whey protein powder, which is made from cow's milk. You can snack to get rid of the hunger. Foods to eat in 10-Day Green Smoothie Cleanse - Modified Cleanse
See Foods to Eat - Full Cleanse above
Eat green smoothies for 2 meals each day (12-16 ounces of liquid each), and have a healthy meal for one meal
Suggestion is to have smoothies for breakfast and lunch and the healthy meal for dinner, but you can use any two meals for the green smoothies as long as you have one healthy meal per day
Healthy meal for dinner: The one healthy meal may consist of a salad, sautéed veggies, and fish or chicken (grilled or baked)
Drink at least eight glasses of water (64 ounces) per day, and drink detox or herbal teas as desired. Made up of super-nutrients from leafy greens and fruits, green smoothies are filling and healthy, and you will enjoy drinking them. Don't stay on the full cleanse for longer than 2 weeks straight. Made up of super-nutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Tap water is not recommended for use
Green smoothies - instructions
Each day you drink up to 60 ounces of green smoothies per day (you get less than this in the recipes - see below)
Follow the recipes in the book, as these have been designed for detox and weight loss - each recipe for the 10-day cleanse is for 3 servings - they make about 36-48 ounces of smoothie, which you can divide into 3 servings of 12-16 ounces each
Use smoothies, not juices - smoothies contain whole foods with lots of fiber
Prepare your entire day's worth of green smoothies in the morning and pack it up to take with you
Keep it refrigerated as much as possible
Drink 1/3 of the recipe (12-16 ounces) every 3-4 hours throughout the day or sip on the smoothie as you get hungry
Chew your smoothies as much as possible, to avoid gas and bloating
If you don't feel like drinking the entire day's worth of smoothie, then drink at least two of them to ensure your body gets the proper nutrition. JJ's website is . Consult your doctor before starting a new diet. You can add ice if you want. By doing the full cleanse longer than 14 days, you run the risk of slowing your metabolism which will just make it harder to lose weight in the long run. By the third day, you should be ready to resume with green smoothies all day. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. Rotate your greens so you don't build up harmful amounts of alkaloids
Green smoothies can contain 40% greens are a source of protein. In the first two days after the cleanse, drink a green smoothie for breakfast and have a salad or sautéed veggies for lunch and dinner. Remove the stems for your greens for the best taste. The goal is to eat very light. 10-Day Green Smoothie Cleanse diet plan - what to eat and foods to avoid
Full Cleanse
What to eat on the full cleanse
Foods to avoid on the full cleanse
The full cleanse consists of three smoothies, snacks, and water/tea for the entire ten days. Foods to eat in 10-Day Green Smoothie Cleanse - Full Cleanse
Green smoothies - ingredients
All ingredients are raw. 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
PLEASE NOTE: When you purchase this title, the accompanying reference material will be available in your Library section along with the audio. Drink at least 8 glasses of water (64 ounces) per day as well as detox tea (e.g. Detox Tea by Triple Leaf and Yogi brands) or herbal teas (e.g. chamomile tea, peppermint tea, green tea, dandelion root tea, ginger tea, milk thistle tea, sarsaparilla tea, ginseng tea), as desired
For the first few days, you will feel hungry and irritable. By the fourth day, you should be able to eat whole foods easily, but keep your meals light and healthy
It's a good habit to always start your day with a green smoothie for breakfast to maintain weight loss. Also, once you get rid of toxins and waste during your first 10-day cleanse, you will most likely lose less the next time you do the full cleanse. Continue drinking your smoothies and listen to your body to see what foods work well for you. However, two green smoothies plus a high-protein meal per day is very healthy and can be done for life. Raw greens can heal the body. Salads are a good way to start. Processed foods
Animal foods
Meat
Dairy - milk, cheese, etc.
Are you ready to look slimmer, healthier, and sexier than you have in years? Jump to ratings and reviews
The 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health. Remember to still avoid sugar, meats, dairy, etc. 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 - Help your body naturally crave healthy foods so you never have to diet again - Receive over 100 green smoothie recipes for various health conditions and goals
JJ Smith is the author of the #1 national bestseller and USA Today bestseller Lose Weight Without Dieting or Working Out!
JJ Smith 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. Beverages that dehydrate you
Liquor, beer
Coffee
Sodas/
diet sodas
Fried foods
Modified cleanse
The modified cleanse consists of two green smoothies (one for breakfast and one for lunch), with one healthy meal for dinner, snacks, and water/tea. If you're using a smaller blender, you may need to make the day's recipe in two batches
You may snack on apples, celery, carrots, cucumbers, and other crunchy veggies throughout the day
Other high-protein snacks include unsweetened peanut butter, hard-boiled eggs, and raw or unsalted nuts and seeds (only a handful)
Daily routine
Begin each morning by drinking a few glasses of water to replenish what was lost overnight
Follow with a cup of detox tea which will provide cleansing support for your liver and kidneys. To continue weight loss at about one pound per week, drink one green smoothie and have two clean, high-protein meals per day (there are recipes in the book)
If you begin to plateau and weight loss stalls (2 weeks with no weight loss), check your hormones - see JJ's book Lose Weight Without Dieting or Working Out
Other weight loss tips
Eat a big salad daily, including dark green leafy vegetables and lots of colorful vegetables
Drink at least one green smoothie daily. 10-Day Green Smoothie Cleanse (2014) is a 10-day detox/cleanse made up of green leafy veggies, fruit, and water. The third day after the cleanse, you should be able to have one green smoothie for breakfast and light meals (salads and lean, healthy meats such as fish or chicken) for lunch and dinner. Below is a description of the food recommendations in the diet.
Summary
Full Cleanse
Modified Cleanse
Breaking the Cleanse
Repeating or extending the Cleanse
Continuing to lose weight. There's a lot more in the book. You will desire less food, but you still need to give your body fuel (smoothie or snack) every three to four hours
Blenders - Use a high-speed blender, around 1000 watts. However, if you're trying to lose weight (or are diabetic), the best fruits to eat are low-sugar fruits, which include blackberries, blueberries, cranberries, grapefruits, lemons, limes, passion fruit, raspberries, strawberries
Grains (breads, pasta, rice)
Barley, Brown rice, Bulgur, Buckwheat, Coconut Flour, Oats (steel-cut oats), Quinoa, Wild rice
Beans/legumes
Black-eye peas, black beans, butter beans, fava beans, garbanzo beans/chickpeas, green beans, kidney beans, peas, lentils, lima beans, navy beans/pinto beans, white beans
Dairy
Egg whites, eggs, almond milk, coconut milk, goat's milk, hemp milk, oat milk, rice milk, non-dairy butter (vegan butter)
Nuts and seeds
Raw and unsalted nuts and seeds: almonds, Brazil nuts, cashews, cedar nuts, hazelnuts, macadamia nuts, peanuts, pecans, pistachios, walnuts; seeds: chia seeds, flaxseeds, hemp seeds, pumpkin seeds, sesame seeds, sunflower seeds. Get a copy of 10-Day Green Smoothie Cleanse for a detailed explanation of why a green smoothie cleanse is good for you, detox methods, testimonials, 10 Commandments for Looking Young and Feeling Great, green smoothie recipes for the 10-day cleanse, over 100 green smoothie recipes for after the cleanse, and clean high protein recipes. The author states that after you complete the cleanse, you will never have to count calories or follow complicated or expensive meal plans or measure food again, as your body will naturally crave and desire healthy, natural foods. If you feel you need additional protein because of a heavy workout, you can add protein powder in your blender, and the author suggests you add 1 scoop of protein powder per day to your green smoothies so you feel full longer and will help keep your metabolism high. Thus, the most effective weight-loss programs should focus on both fat loss and detoxification, which lead to overall improved health and wellness. If you can't find organic fruits and vegetables, wash off the pesticides and waxes as best you can, using special cleansers from health food stores or vinegar, scrubbing and rinsing carefully
Use spring or purified water in your green smoothies. It will reawaken your metabolism and give you more energy
Repeating or extending the cleanse
JJ doesn't recommend the full cleanse be longer than two weeks (14 days) straight - she says that you don't want to run the risk of slowing your metabolism so it's important to take a break from the full cleanse and re-introduce whole foods into your diet. Another option is alkaline water, which aids in detoxification and better hydration. This page describes what the authors of the diet recommend - Chewy is describing the diet only, not endorsing it. Your body will also thank you for drinking them, as your health and energy improve to levels you never thought possible. Drink the detox tea first thing every morning
Foods to avoid with 10-Day Green Smoothie Cleanse - Modified Cleanse
See Food to Avoid - Full Cleanse above
Breaking the Cleanse
Do not go right back into eating whole foods right after the cleanse. 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!
Health Nonfiction
Activate and hold the button to confirm that you're human, or its affiliates
The New York Times best-selling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health. There's a Facebook page at . Even one green smoothie a day used as a replacement meal will put you on the road to permanent weight loss and better health. Use ripe fruit - if it isn't ripe when you get it, allow it to get ripe before adding it to your blender
Superfoods such as maca or acai berries can be added if you want
Ground flaxseeds are included in most recipes
Stevia is included in most recipes as a sweetener
Use organic ingredients where possible. Go easy on fruits; don't overdo them
Fruits can be fresh or frozen. Whenever you eat a carbohydrate, eat some protein with it - as a general guideline, the protein should be about half the amount of the carbohydrates in grams
Avoid sugar, salt, and trans fat
Limit red meat to 2-3 times a week
Eat at least 30 grams of fiber a day
Eat 4-5 times a day
Buy organic as much as possible
Drink lots of pure water
Drink green tea, instead of coffee
Don't give in to emotional hunger
General weight loss - what to eat to support weight loss
Animal protein
Fish - e.g. bass, catfish, cod, flounder, haddock, halibut, herring, sardines, shrimp, sole, tilapia, trout, tuna, wild salmon
Shellfish and other seafood - e.g. calamari, clams, crabmeat, lobster, oysters, scallops
Poultry - e.g. cornish hen, skinless chicken, turkey breast, turkey bacon
Veggies
All dark greens, asparagus, avocados, broccoli, Brussels sprouts, cabbage, cauliflower, carrots, celery, cucumbers, collards, garlic, green beans, kale, lettuce, mushrooms, olives, onions, parsley, peas, radishes, red peppers, squashes, sweet potatoes, spinach, tomatoes, yams, zucchini
Fruits
In general, all fruits are healthy for you. Note that low-sugar fruits include apples, grapefruits, lemons, limes, cherries, strawberries, cranberries, raspberries, goji berries, and blueberries; moderate-sugar fruits include peaches, oranges, pears, apples, pomegranates, and plums; high-sugar fruits include apricots, melons, kiwis, mangos, papayas, pineapples, bananas, dates, figs, raisins, and grapes. Toxins stored in fat cells are difficult to get rid of through dieting alone. You can add some protein, flaxseeds, spirulina, coconut oil, and bee pollen to it for an extra health boost
Choose nutrient-rich foods, not empty calories like junk food
Eat protein with every meal. Only use green leafy veggies, fruits and water in the green smoothies during the 10-day cleanse
Use dark green leafy vegetables - greens include arugula, beet greens, bok choy, carrot top leaves, chard/Swiss chard, collard greens, dandelion greens, kale, lettuce (especially with dark green leaves), mustard greens, parsley, radish tops, sorrel, spinach, spring greens, turnip greens, watercress. If you need to learn how to lose weight after the cleanse, see below. But don't worry about that
Typical detoxification symptoms include headaches, pains, nausea, cravings, fatigue, muscle aches, skin rashes, and irritability. The next best are roasted and unsalted nuts and seeds. There are other quality options also
Add fruits - e.g. apples, bananas, blueberries, grapes (seedless), mango, mixed berries, peaches, pineapple, strawberries. It also offers advice on how to continue to lose weight and maintain good health afterwards. Detoxing should not be used as an extreme diet; that is not the answer to long-term permanent weight loss. The modified cleanse was designed for people who are unwilling or unable to stick with the full cleanse for 10 days, or for people who aren't looking to lose a lot of weight but want to detox. Weight loss may not be as dramatic as the full cleanse, but the book claims you can still expect to lose between 5-10 pounds in the first 10 days. Just trying to do the full cleanse over and over back to back is not the answer... It's a jumpstart to weight loss... After the 10-day cleanse, 1-2 pounds per week is normal and healthy. Use this page as a cheat sheet alongside the book. Send this page to friends, family, and anyone else who you want to understand what you're eating on this diet. 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 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 afterward. The author's favorites are RAW Protein by Garden of Life, SunWarrior protein blend, and Rainbow Light's Acai Berry Blast Protein Energizer.

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