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### **10 Day Green Smoothie Cleanse by JJ Smith 2014 Food list**

I am currently on the 10 Day Green Smoothie diet, following the book by JJ Smith. I feel amazing! I started at 190.6 and I m already at 185.2 I will not weigh again til Day 10. No headaches or anything so far. I usually jog 7 miles 4 times a week but my weight was up and down. Started this diet to get a jumpstart and I m so happy I did.

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