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“10-Day Detox Diet Whole Protein Smoothie”

“10-Day Detox Diet Whole Protein Smoothie” *From Dr. Mark Hyman’s Book: 10-Day Detox Diet

Ingredients: (1 Serving) • 1 Cup Frozen Mixed Blueberries • 1 Tbsp. Almond Butter • $\frac{1}{4}$ Avocado • $\frac{1}{2}$ Tbsp. Extra-virgin Coconut Butter • 1 Tbsp. Pumpkin Seeds • 1 Tbsp. Chia Seeds • 1 Tbsp. Hemp Seeds • 2 Walnuts • $\frac{1}{2}$ Cup Unsweetened Almond Milk" • $\frac{1}{2}$ Cup Water" Apr 8th, 2024

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