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Smoothie Healing Formulas (87) - Jeff Primack 1)
Autism ...With Skin & Seeds, 3 Leaves Of Swiss Chard,
1 Node Of Cilantro 11) Constipation “ Bad Qi Go Out
Smoothie” 3 C. Distilled Water, ½ Red Beet, ¼ C. Raw
Hazelnuts, 1 Fuji Apple W/seeds, 1 Handful Raw
Spinach, 1 Corn Cut From Cob, ½ Lime W/ Pith &
Seeds, ¼ Tsp. Cinnamon Powder, 4 T. Black Sesame
Seed, 5 Sun Dried Prunes (soaked For Five Hours) Feb
1th, 2024The Green Smoothie Factor Healthy Green
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By Guest Smoothie 8. Red Velvet Smoothie 9. Red
Antioxidant Tasty Smoothie 10. Delicious Coco-Beet
Smoothie 11.Red Fruit Smoothie 12. Beet Fruit
Smoothie 13. Mar 1th, 202410-Day Green Smoothie
Cleanse Grocery List & Smoothie ...Days But You Only
Want To Buy Fruits And Veggies For 5 Days At A Time
So Expect To Shop Twice During The 10-day Cleanse.
Therefore, The List Is Broken Down Into The First 5

Days And The Last 5 Days. This Is The List To Use JJ Smith's Official Ten Smoothies. The First 5 Days Apr 6th, 2024.

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