

## Beauty Detox Solution Green Smoothie Free Books

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"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 • ¼ Avocado • ½ Tbsp. Extra-virgin Coconut Butter • 1 Tbsp. Pumpkin Seeds • 1 Tbsp. Chia Seeds • 1 Tbsp. Hemp Seeds • 2 Walnuts • ½ Cup Unsweetened Almond Milk" • ½ Cup Water" May 3th, 2024

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### **The Beauty Detox Solution Summary**

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### **Beauty Detox Solution Reviews**

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