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By Brooke Goldner M.D.

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Try this seven-day clean eating meal plan to jumpstart weight loss, rejuvenate your health, and make "green" eating a permanent part of your life!

<http://www.shape.com/healthy-eating/meal-ideas/clean-green-food-drink-cleanse>

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<http://blog.foodnetwork.com/healthyeats/2014/10/31/5-smoothies-to-kick-start-your-day/>

Green Smoothie Recipe - Allrecipes.com -

Mar 31, 2010 This flax and kale smoothie doesn't even taste green! Feel free to play with the ingredients. Original recipe makes 1 smoothie Change Servings

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The Best Smoothies Under 250 Calories to Kickstart -

The Best Smoothies Under 250 Calories to Kickstart Your Morning Sip wisely.. the recipe makes two servings. Here s what you ll need: Super Green Detox

<http://www.byrdie.com/healthy-smoothie-recipes>

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<http://foodmatters.tv/content/how-to-make-the-perfect-green-smoothie>

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Green Smoothie Recipes: 40 Days of GreenSmoothies -

40 days of green smoothie recipes that are practical and affordable! Kickstart your mornings with this 40 day program designed to develop your green smoothie habit!

<http://www.glueandglitter.com/main/40-days-of-green-smoothies/>

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http://www.pcrm.org/kickstartHome/mealplan/meal_plan.cfm

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<http://www.wholefoodsmarket.com/recipe/double-green-smoothie>

4 Green Smoothie Recipes to Kick-start Your Day | -

green smoothie. We hear all about the importance of eating fruits and veggies and for most people the fruit part of it is a no-brainer it s the vegetables that

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<http://www.blenderbabes.com/articles/food/best-smoothies-and-detox-juice-recipes-to-kickstart-your-health/>

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Lean and Green Smoothie. From our book No Excuses! 50 Healthy Ways to ROCK Breakfast. Makes 1 serving 1 cup unsweetened vanilla almond milk; 2 cups baby spinach

<http://hometraininguae.com/index.php/en/nutrition-idea/recipes/healthy-drinks/355-4-green-smoothie-recipes-to-kick-start-your-day>

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