

**80 green thickies recipes pdf**

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**80 Green Thickies Recipes: Over 80 filling healthy meal**

Get the exact meal plan Katherine used to lose 56 pounds following a diet incorporating filling green smoothies (Green Thickies) and quick simple and very tasty evening meals.

**Green Thickies 7 Day Detox + FREE Smoothie Bottle**

A 10 day water fast has great health benefits, but itâ€™s not for everyone. Drinking a lot of water has many benefits, taking to the next level of drinking ONLY water for a time can add some unexpected benefits.; Use a water filter like a Berkey filter system to ensure you are drinking clean water. Keeping a good water bottle on hand or even an infuser water bottle is a good idea, too.

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