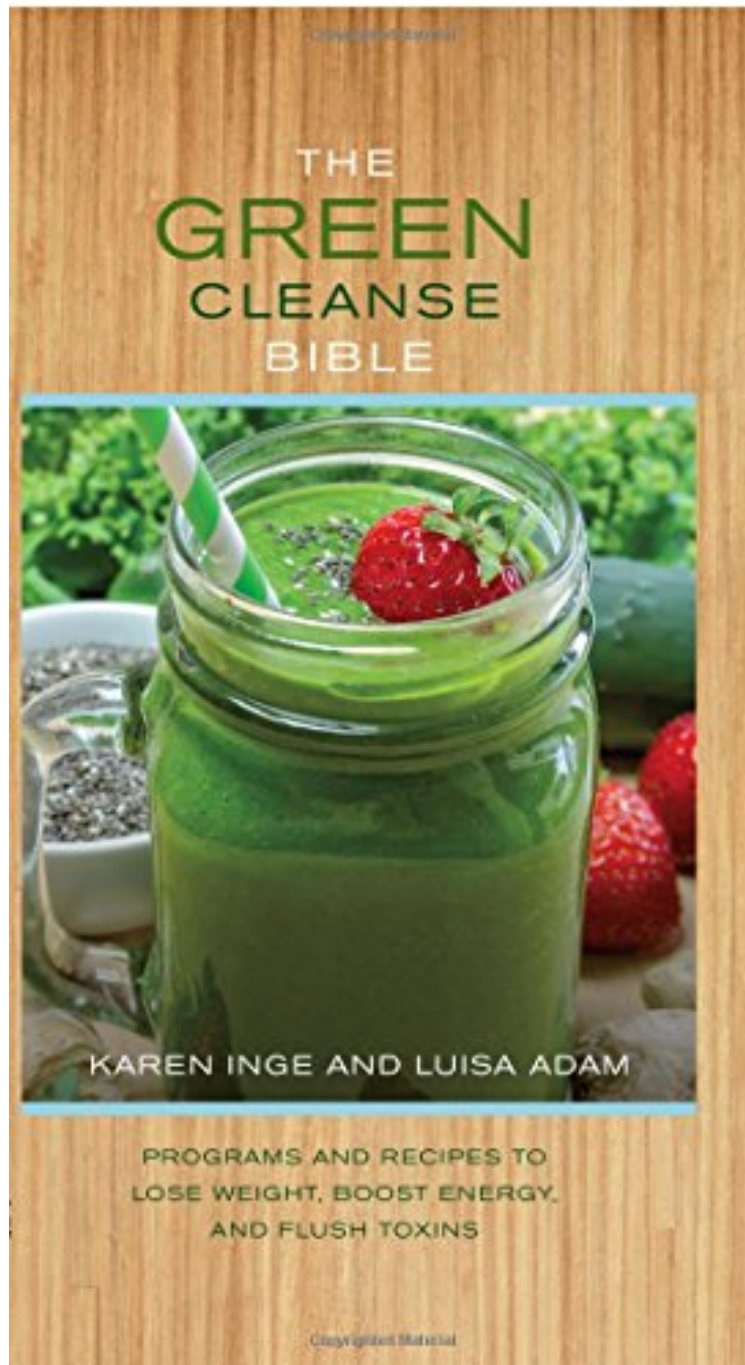


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The Green Cleanse Bible

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Cleanse and detoxify your body with hundreds of smoothie recipes and meal plans in The Green Cleanse Bible. Boost your immunity, nutrient intake, and weight loss by blending fruits and vegetables in tasty combinations some you may have never thought of! Increase your energy level with apples, kiwifruit, parsley, avocados, kale, spinach, and a host of other great "green" foods that span all colors of the rainbow. With ideas about what to look for in your garden or grocery store, how to prepare it, and what foods to pair it with, this book is a complete guide to green cleansing.