



# **Seven-Day Super Smoothie Cleanse Action Plan: Lose Up To 7 Pounds or Drop Up To 2 Pant Sizes In 7 Days Without Feeling Hungry**

*Sharon Chen*

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Having trouble losing weight? Want to look lean and sexy in your swimming suit at the beach? Trying to shed a few pounds quickly for that upcoming big event? Thinking about going to that pool party, but not quite confident about your body? Your calorie intake is through the roof after the holiday, and you wonder what to do to make yourself feel better.

What if there was an easy way for you to drop a couple pant sizes and feel great in just a week without having to take the time to step into the gym?

## **What's Seven-Day Super Smoothie Cleanse Action Plan**

*Seven-Day Super Smoothie Cleanse Action Plan* is designed to offer you an easy-to-follow, step-by-step action plan to help you detox your body, lose weight, and, most importantly, build a healthy eating habit by drinking super delicious, super easy-to-make, super healthy smoothies for seven days. If you are worried about being hungry during the process, don't be. Unlike other cleanse plan, there are six nutritious solid meals designed in the plan, such as Spicy Avocado Seared Tuna Combo and Healthy Vegetable Salad with four different dressings of your choice. Why? Because protein from an oily fish like tuna is the key to building lean muscle, and good fats from avocado are satiating and packed with omega-3s, which help burn fat and reduce cellular inflammation.

Whether you are new to smoothies or know your way around a blender, I'll walk you through the plan day by day, step by step, to ensure that you get the results you want.

## **What Does Seven-Day Super Smoothie Action Plan Offer?**

- A seven-day calendar with your pre-planned smoothie and salad meals.
- A grocery shopping list to guide you through your local grocery store knowing exactly what to pick up, with the exact volume.
- A detailed preparation guide helping you mentally and physically prepare for your cleanse.
- Exactly what to do and what not to do during the seven days.
- Powerful smoothie recipes with clear nutrition facts.
- Tips on how to make a perfect smoothie.
- Multiple healthy and delicious combo recipes for you to customize your plan.

- Vibrant photos showing what your meals will look like.
- What to do after you successfully finish your plan.
- Introduction to a new lifestyle.
- A free bonus inside.

This smoothie action plan has been proven to help you lose weight, reduce craving, and eat healthy in just seven days. Whether you want to fit into your favorite jeans again, are hoping to be ready for bikini season this summer, simply need a detox after all that serious eating during the holidays, or just feel like your body could use a cleanse, this book is for you!

## **Take Action, and Get Results!**

Action plans won't work without action. Scroll up to BUY NOW and start your delicious Seven-Day Super Smoothie Cleanse Action Plan right away.

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