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10-Day Green Smoothie Cleanse Journal: Record Your 10-Day Cleanse Journey (Paperback)

By R R Mower

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The 10-Day Green Smoothie Journal is the perfect companion to the book by J.J. Smith titled, 10-Day Green Smoothie Cleanse. This journal is functional and includes those elements of the book in order for you to record your daily progress. There are spaces for before and after pictures, to write your smoothie recipes, rate them, as well as daily note section. You will be able to not only feel your progress, but have a personal place to write about your transformation. So, you now have the perfect tool to use with all versions of the book. Just fill in the blank pages and keep going. So go ahead and buy one now. Make a complete investment in your self for your health. Cover Picture by: (c) Lola1960 - - Ingredients Used For Green Smoothie Photo.



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