
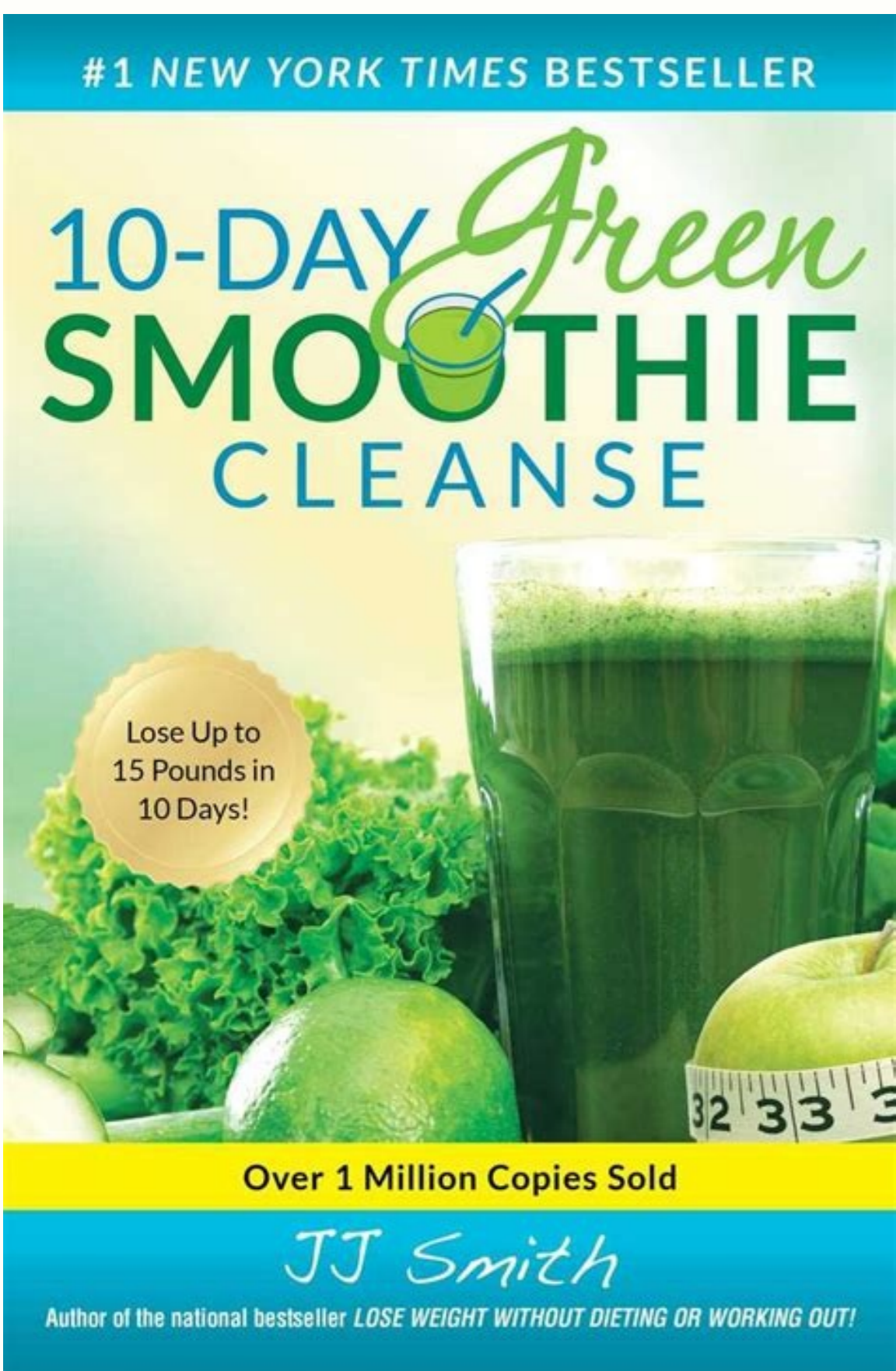


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THE DR. OZ SHOW JJ Smith's
10-DAY TUMMY DETOX PLAN
 To eliminate constipation & bloating and improve gut & digestive health

Foods
 That improve gut health

- Cucumbers
- Popcorn
- Spinach
- Asparagus
- Prunes
- Green Beans
- Yogurt
- Flaxseed
- Lean Meat
- Berries
- Oatmeal
- Fish/Seafood

Drinks
 That help eliminate constipation & bloating

- Fennel Tea
- Peppermint Tea
- Flat Tummy Detox Water
- Apple Cider Vinegar Detox Water
 (2 tbsp Apple Cider Vinegar in 8 oz of water)

Digestion-Friendly Smoothies

- Banana Blueberry**
 2 handfuls greens
 1 cup water
 1 pear
 1 banana, peeled and frozen
 1 cup frozen blueberries
 1 tbsp flaxseed
- Beet Pears**
 2 handfuls greens
 1 1/2 cups almond milk
 2 large pears
 1/4 cup beets, peeled & diced
 1 tbsp flaxseed

MOST IMPORTANT:
 Throughout the day, drink this
FLAT TUMMY DETOX WATER
 1 small sliced lemon
 8-10 slices of cucumber
 A few fresh mint leaves
 1 tbsp grated ginger
 48 oz of cold water

Meal Options

- Almond Butter Oatmeal**
 1 cup cooked oats
 2 tbsp almond butter
 1 tsp cinnamon
 1 tsp honey
 1 tsp flaxseed
- 1 Cup Power Greens:**
 Cucumber
 Asparagus
 Spinach
 Green beans
- Blueberry Pecan Yogurt**
 1/2 cup low-fat plain yogurt
 1/2 cup fresh blueberries
 1/4 cup pecans
 Stevia to sweeten
- Lean Protein Fennel Tea**

Foods To Avoid
 That can cause digestive issues

- Cabbage/Broccoli
- Legumes/ Beans
- Dairy
- Soda/ Carbonated Drinks

Day 7: Pineapple Berry
 2 handfuls of spring mix greens
 2 handfuls of spinach
 1 cup of frozen mango chunks
 1 cup of frozen mixed berries
 2 packets of Stevia
 2 cups of water
 2 tablespoons of ground flax seeds

Day 8: Apple Mango
 2 handfuls of spinach
 2 cups of water
 1 apple, sliced, unseeded
 1 cup of mango
 2 cups of frozen blueberries
 1 packet of Stevia
 2 tablespoons of ground flax seeds
 OPTIONAL: 1 scoop of protein powder

Day 9: Pineapple Spinach
 2 cups of fresh spinach, packed
 1 cup of frozen mango chunks
 2 cups of frozen blueberries
 1 cup of water
 1 1/2 cups of frozen mango chunks
 2 packets of Stevia
 2 cups of water
 2 tablespoons of ground flax seeds
 OPTIONAL: 1 scoop of protein powder

Day 10: Apple Berry
 1 handful of spring mix greens
 2 handfuls of spinach
 2 cups of water
 1 cup of frozen mango chunks
 1 cup of frozen mixed berries
 1 apple, cored and quartered
 1 packet of Stevia
 2 tablespoons of ground flax seeds
 OPTIONAL: 1 scoop of protein powder

Please spinach and water into blender and blend until mixture has a green, juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Day 1: Apple Berry
 1 handful of spring mix greens
 2 handfuls of spinach
 2 cups of water
 1 cup of frozen mango chunks
 1 cup of frozen mixed berries
 1 apple, cored and quartered
 1 packet of Stevia
 2 tablespoons of ground flax seeds
 OPTIONAL: 1 scoop of protein powder

Day 2: Pineapple Berry
 2 handfuls of spring mix greens
 2 handfuls of spinach
 1 cup of frozen mango chunks
 1 cup of frozen mixed berries
 2 packets of Stevia
 2 cups of water
 2 tablespoons of ground flax seeds

Day 3: Apple Berry
 1 handful of spring mix greens
 2 handfuls of spinach
 2 cups of water
 1 cup of frozen mango chunks
 1 cup of frozen mixed berries
 1 apple, cored and quartered
 1 packet of Stevia
 2 tablespoons of ground flax seeds
 OPTIONAL: 1 scoop of protein powder

Please spinach and water into blender and blend until mixture has a green, juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

Day 4: Apple Berry
 1 handful of spring mix greens
 2 handfuls of spinach
 2 cups of water
 1 cup of frozen mango chunks
 1 cup of frozen mixed berries
 1 apple, cored and quartered
 1 packet of Stevia
 2 tablespoons of ground flax seeds
 OPTIONAL: 1 scoop of protein powder

Day 5: Pineapple Berry
 2 handfuls of spring mix greens
 2 handfuls of spinach
 1 cup of frozen mango chunks
 1 cup of frozen mixed berries
 2 packets of Stevia
 2 cups of water
 2 tablespoons of ground flax seeds

Day 6: Apple Berry
 1 handful of spring mix greens
 2 handfuls of spinach
 2 cups of water
 1 cup of frozen mango chunks
 1 cup of frozen mixed berries
 1 apple, cored and quartered
 1 packet of Stevia
 2 tablespoons of ground flax seeds
 OPTIONAL: 1 scoop of protein powder

Please spinach and water into blender and blend until mixture has a green, juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

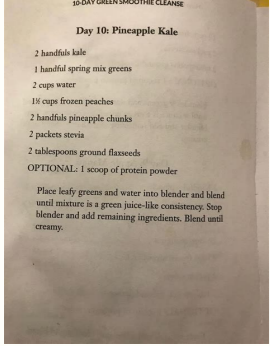
THE 10-DAY GREEN SMOOTHIE CLEANSE *CureJoy*

7 DAYS PEACH BERRY SPINACH

- 3 handfuls spinach
- 2 cups water
- 1 cup frozen peaches
- 1 handful fresh or frozen seedless grapes
- 1 1/2 cups blueberries
- 3 packets stevia to sweeten
- 2 tablespoons ground flaxseeds

Place spinach and water into blender and blend until mixture is a green juice-like consistency. Stop blender and add remaining ingredients. Blend until creamy.

WWW.CUREJOY.COM



Jj smith 10 day smoothie recipes pdf. Jj smith 10 day green smoothie cleanse recipes.

Here is the grocery lists for Days 1 - 5 (I won't be publishing the recipes on this site, out of respect for the author. I know a lot you guys are following along with me as well and starting on Monday! I decided to jump ahead so that I wouldn't get behind on blogging it and that I could give you my views earlier instead of the day after. Set aside. I'd be more than happy to keep all this fluff minus my gut! Which is what I'm hoping to lose by doing this cleanse. An extreme headache set in this afternoon along with fatigue and I'm super irritable. I woke up feeling great. Have a last meal! This isn't in the book hahaha but before every diet restriction I ALWAYS have the last meal of anything I want. I couldn't figure it out and then it hit me. Using a teaspoon helps with carving. Add in 3/4 cup water, 1 teaspoon garlic, 2 teaspoons apple cider vinegar, 1 teaspoon dill weed, 1 1/2 teaspoons parsley, 1 teaspoon chives, and 1/4 teaspoon garlic powder (can also add onion powder if desired). I'm 5'0 so this is considered over weight I guess. I only made half of the smoothie today. It worked. I have way to much stuff to do to be feeling like this. Click here to view my results and days 8-10! I was so exhausted. Take measurements and weighed myself: I clocked in at 141.0 lbs. Taste and adjust seasonings to your liking. I totally got this!!!!!! So glad I decided to tough it out. I keep thinking about food and watching the clock for my next snack. spring mix greens stevia, to sweeten flaxseed Detox tea Sea salt Snack foods: eggs, apples, tuna, raw crunchy vegetables, square bars non-dairy, plant-based protein powder (optional) 2. You are free to snack whenever you are hungry but only on these items. Wait, what! The top of my thighs no longer rub when I walk LOLLLLL. Yep, this cleanse is working!!! I'm so ready to step on the scale but I won't until day 11. Maybe it's the challenge of it all. The smoothie was really good after adding in a few extras. I just want myself back. And a big chunk of chocolate cake and vanilla ice cream. I know these are detox symptoms. I haven't been the fun mom since I started this cleanse and so I planned a little movie night for my boys and I. I couldn't tell a difference though. Spoon filling into cucumber cups, spinach 20 oz. I didn't cheat at all today. Hopefully, tomorrow will be better. I barely drank half of the smoothie. Have you ever heard of the 10-day green smoothie cleanse? I really missed my morning coffee. I was so drained. It's hard smelling food and cooking foods and not being able to sample. I can't stop thinking about food! I went to bed at 7:30. No regrets. Slept great and didn't have a headache when I woke up although a very light one did set in during the afternoon. I decided it was best to throw myself into a project to keep my mind off of snacking. Stir in 1/2 teaspoon apple pie spice and 1/8 teaspoon vanilla extract. Drain water and place cashews in a food processor. This was expensive!! However, I did go all organic and didn't feel like store hopping to find the cheapest prices. Raw Cashew Ranch Dip With Vegetables TO MAKE: Soak 1 cup of raw cashews in water for 2 hours. Day 2: Woke up feeling refreshed but with 4 pimples on my cheek. No-Mayo Deviled Eggs TO MAKE: Slice two boiled eggs in half. For some reason, I'm not as hungry and didn't want to waste it since I didn't finish it yesterday either. Drizzle with lemon juice. Lots of energy, no sign of a headache, fatigue or body ache. It's suppose to keep you fuller longer. Here's How the 10-Day Green Smoothie Went For Me(Day 1-5) DAILY DIARY Day 1: The morning started off great. blueberries 15 oz strawberries 10 oz. I'm not sure if I want to continue this cleanse. frozen strawberries 10 oz. Carve out some of the center to create a bowl. If you have to go into work I'd highly suggest prepping all of your snacks and smoothies the night before. I just wasn't hungry. I've been organizing the linen closets that I've been putting off and working on my filming kitchen. Only a very slight headache remained. In a small bowl, heat 3 tablespoons peanut butter until melted. I'm not stepping on a scale but my stomach is looking flatter! Yayyy!!! Day 5: I woke up today and went to the bathroom and something felt different between my legs. I cheated and ate a little popcorn with them. I was so ready and prepared to start! I drank my detox tea instead of coffee. For my last meal, I had a toasted Philly cheesesteak sub, fries, and cold ice tea. Here's how Days 1-5 went down! But first here are some quick links & products you will need: 10-Day Green Smoothie Cleanse FB Support Group Went grocery shopping: I hit up Target to buy all of the smoothie ingredients for days 1-5. In a bowl stir together 1/2 cup tuna, 3-4 Tablespoons cashew dip, 1 teaspoon chili powder, generous pinch of cayenne, 1 teaspoon cumin, 1 teaspoon cilantro, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder. I'm a believer now. I'm super moody and the circles under my eyes are much darker. The protein powder was doggone \$30, but that's optional. Went to bed early again. It's been really fun. Took a 2-hour nap (I never take naps) I dragged myself through the entire day. You'll have to buy the book, which is vital since it's full of EVERYTHING you'll need to know, tips, additional recipes and so forth. Day 3: Woke up refreshed again. Drizzle over sliced apples and sprinkle with 1 tablespoon of crushed cashews or walnuts. I miss my coffee and I do plan on going back to it LOL I didn't make a smoothie today since I had so much leftover from yesterday. Brutal! I'd recommend starting the cleanse over the weekend if you are detoxing from caffeine & sugar. It was incredible. The smoothie was pretty tasty and of course, I added extra stuff in there to make it sweeter! Like yesterday the headaches and extreme fatigue hit me like a ton of bricks in the afternoon. Season with smoked sea salt, black pepper, garlic powder, and cumin. I don't like being moody and fatigued. *Tip* Take a painkiller as soon as you start to feel detox symptoms (headaches, body aches, etc) I tried to tough it out and once it set in, a painkiller couldn't even touch the pain. Day 4: I FEEL FABULOUS!!! Wow, talk about what a difference a day makes! I'd read the reviews that said "just make it past day 3 or 4 and things will start looking up" but I really didn't believe it. Scoop the yolk into a bowl. I still feel really tired but I don't have that brain fog feeling. A few of these items aren't in the book but the author posted them on the Facebook fan page since people were asking for more snack options. I gave myself little treats along the way like a pedicure on day 4. Blend until creamy. Nothing major though. Add sea salt and black pepper. YOU can do this! You guys know how I'm such a sucker for diets, detoxes and cleanses! I don't know why. The success stories were insane and since I love smoothies...what the heck right!? I'm not really hungry just want to eat I guess. frozen mixed berries 6 oz. Season with sea salt and black pepper to bring out the taste. Felt kinda bad about it but my God they were so good. 4. Broccoli Tuna Salad TO MAKE: In a bowl, stir together 1/2 cup finely diced broccoli, 1/4 cup tuna, 2 tablespoons cashew dip, 1 Tablespoon diced yellow pepper, 1 tablespoon red onions. It makes the smoothies taste chalky so I only used it a few times. I'm doing MUCH better this round hahaha. Speaking of snacks Here is the list of snacks you can have on the 10-Day Green Smoothie Cleanse. I guess I'm officially detoxed from my morning cup of coffee that I've had for years straight. I normally turn to my green monster or cabbage soup when I need to drop a few pounds but this cleanse really intrigued me. I was happy waking up and ready to start my day. frozen peaches 20 oz. 3. Season with smoked sea salt, black pepper, dill, and chives until desired taste is reached. Jump to Recipe Print Recipe Whew 5 days down 5 more to go!! I can do this. Did some prepping. To set myself up for success I created a motivational calendar to mark off every day. It's that creamy base you're going for! Spicy Tuna Taco Cucumber Bites TO MAKE: Peel 1 cucumber. Slice width-wise into about 1 1/2 inch slices. This is a coffee withdrawal headache I know. Add in 1-2 tablespoons of cashew ranch dip (recipe below) and a few drops of water to create a creamy filling. It's always going on sale and it's on sale right now for \$8.99 on Amazon) 10-Day Green Smoothie Cleanse Grocery List (Days 1-5) 6 apples 1 bunch grapes 20 oz. 10-Day Green Smoothie Cleanse Current Approved Snack List The snack I've enjoyed and loved over the past 5 days are: (I'll post another set of snacks in my days -10 review) Peanut Butter Apple Nachos TO MAKE :Slice 2 apples (I used granny smith & gala) into slices. I can tell I'm starting to come out of the fog. mango chunks 3 bananas 1 bunch kale 20 oz. I'm truly amazed. I don't feel hungry but I want to feel full (hard to explain.) I'm really craving pasta and a hot, cheese pizza! Made chicken tenders for dinner for the fam and I ate a few of them. Something about checking things off and seeing a deadline helps me stay focused. *NOTE* You can season this any way you like, you can make it sweet with cinnamon and stevia or savory. This wasn't worth the way I felt. I took a lavender Epsom salt bath because I felt achy and then I felt lightheaded when I got out of the bath. They've been such good boys for me while I haven't been feeling well. Garnish with smoked paprika and chives. I also got my smoothie ingredients ready for the next morning so I didn't have to measure anything out. If you don't like ranch then just add your favorite seasonings. I feel like I'm in a different state of mind, very foggy thinking and blah. Today was easy. These are the only snacks allowed. Just dump and blend. Smack a number on a diet or detox and I'm game! So now I'm right smack dab in the middle of the 10-day green smoothie cleanse by JJ Smith! This is my second time attempting this detox. I wished I would have pre-prepped dinner for a few days. The gas and bloating are horrendous! I'm ready for this to be over. If I ever do this cleanse again I will slowly wean myself from coffee, may start with half a cup in the mornings instead of cold turkey. Store in fridge.

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