

**FAT BURNING GREEN SMOOTHIE RECIPES & TIPS
FOR RAPID WEIGHT LOSS WITH DIET PLAN**

Caitlin Dupuy

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From my article on the health benefits of coconut oil: I have a daughter named Hannah :. Hi Ive been doing the smoothie diet for three weeks now and love it!

Practicality: Like SlimFast, this diet is pretty simple to follow.

Sorry to hear you can't have them! Medical Disclaimer: The information on this website is not intended to be used as medical advice or to replace a one-on-one relationship with a qualified healthcare professional.

Hi Cathy, I recommend a smoothie for breakfast and two regular meals. Bringing a smoothie to work for lunch is a great idea. Please read the article and my article on healthy fats linked to .