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10-DAY GREEN SMOOTHIE CLEANSE JOURNAL: RECORD YOUR 10-DAY CLEANSE JOURNEY (PAPERBACK)



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...

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- Authored by R R Mower
- Released at 2015



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