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## Welcome to the 24-Hour Green Smoothie Detox!

I'm all for eating a clean diet and living a healthy lifestyle, however sometimes you just need really fast results and a jumpstart to get you there...

Which is why I created the 24-Hour Green Smoothie Detox :)

As a warning, you should NOT follow this detox blueprint for more than one day, no matter how much weight you lose.

It's not meant to be a long term, day-by-day solution...that's what the Slim Belly system is for.

However, when you need to lose a few pounds FAST...this will be your new secret weapon :-)

All you have to do is follow the simple 24-hour plan below...

Make sure you have all the ingredients ahead of time, and then relax as your body soaks up all the belly slimming super-nutrients, antioxidants, and phytochemicals that melt away fat no matter how many pounds you have to lose.

After the 24 hours, get started with the Slim Belly system and your amazing total body transformation will be underway :)

I believe in you!  
Keri Wahler

## 24-Hour Nutrition Plan

### **Drink This First Thing In the Morning**

- 16 ounces of lukewarm water
- Juice from ½ of a lime

Drinking water first thing in the morning jumpstarts your metabolism, so you start burning fat and calories almost instantly after you wake up. And the fresh lime juice improves your digestion, so you can absorb all the vital nutrients in the 24-hour detox.

Plus, the natural oils found in limes rejuvenate your skin, helps prevent diabetes and heart disease, and it's an excellent fat burner.

### Breakfast – Super Slim Belly Detox Drink



- 1 green apple, chopped
- ½ avocado
- 2 handfuls spinach
- 1 cup frozen collard greens
- 1 cup unsweetened almond milk
- ½ plain Greek yogurt
- 2 tbsp. chia seeds

- 1 tsp. cinnamon

Blend and enjoy.

This blend is chock full of belly slimming super nutrients, anti-aging antioxidants, and essential vitamins and minerals that nourish your body while scrubbing away all your internal toxic build up.

## **Lunch – Belly Slimming Super-Nutrient Blend**



- 2 cups chopped romaine lettuce
- 1 cup frozen collard greens
- 1 frozen banana, chopped
- ½ cup chopped celery
- 1 cup unsweetened almond milk
- 1 tsp turmeric
- 2 tbsp flax seed
- 1 scoop vanilla protein powder
- Ice

Blend and enjoy.

The vitamins from the lettuce and collard greens turn ON your “slimming switch” that shrinks your fat cells and flattens your belly...

While the healthy fats from the flax seed melt away your love handles, with the banana providing a smoothie, creamy shake-like texture that tastes amazing.

I’ve love having this one for dessert every night, so I just had to include it in the detox :)

### **Dinner – Green Smoothie Detox Drink**



- 2 cups kale
- 1 cup frozen collard greens
- ½ cup frozen strawberries
- ½ cup chopped cucumber
- 1 cup water
- 1 tsp ground ginger
- 3 prunes
- 2 tbsp hemp seeds
- Ice

Blend and enjoy.

You'll wrap up your day getting plenty of fiber, which activates your natural internal fat-burning systems so you'll burn even more calories and belly fat as you get ready for bed..

And even while you sleep!

Plus, the hemp seeds provide a boost of all natural pure plant protein, which revs up your calorie burn even more as you wind down and prepare for a good night's rest.

After all, you deserve it!

And one last thing...

Below are your "Detox Foods" so you can make swaps if certain foods aren't available to you.

## **Green Smoothie Detox Approved**

- Spinach
- Kale
- Collard Greens
- Bok Choi
- Romaine Lettuce
- Green Apples
- Berries
- Flax Seed
- Hemp Seed
- Plain Sunflower Seed
- Chia Seed
- Plain Greek Yogurt
- Protein Powder (low carb, low sugar)
- Banana
- Avocado
- Celery
- Broccoli
- Cucumber

- Green Grapes

## **Green Smoothie Detox NOT Approved**

- Fruit Juice
- Cow's Milk
- Frozen fruit with sugar added
- Canned fruit
- Canned vegetables
- Dates
- Raisins
- Peanut Butter
- Sweetened Tea
- Sports Drinks