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80 Green Thickies Recipes Over

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Basic Green Thickie Recipe. Liquids (water, milk or juice) Greens (Spinach, Chard, Collard Greens, Lettuce, Kale or other mild greens) OR if you run out of fresh greens, add 2 scoops of Amazing Grass Green ... Fruit (Add any fruit you like, you don't have to worry about adding creamy fruit as the ...

Basic Green Thickie Recipe: How to make your first Green ...

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Green Thickies are perfect for you! Katherine invented them so she could have enough energy to look after her baby, lose her baby weight and save time in the kitchen. 2 minutes a day is all you need to completely transform your body and your health. This full colour 200 page recipe book will ensure you never run out of Green Thickies Recipes again.

Product Page - Green Thickies: Filling Green Smoothie Recipes

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