



23 Fat Burning Green Smoothie Recipes & Tips For Rapid Weight Loss

Alana Maxwell

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If you are looking for recipes for fat burning green smoothies here are some recipes and tips. You may wonder what is the difference between regular smoothies and green smoothies.

These recipes are filled with nutrients that will help burn fat with mostly vegetables so you can get used to the vegetable flavors on their own. There are some that include some fruits to add a bit of sweetness.

There are also tips to help get you on track to lose weight quickly and efficiently.

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