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A green smoothie a days helps keep the doctor away!

Commit to fueling your body each morning this month with a protein, fiber, veggie and good fat packed green smoothie. This gives me such great energy and helps keep me healthy during busy seasons of life. Even if your meals start to derail later on in the day or you miss your workout you can check off doing one great thing for your body each day!



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Happy smoothie drinking! #commit30 #greensmoothiechallenge

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