



[7 Day Apple Cider Vinegar Cleanse Pdf Free](#)

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Hey There!

Alright, so the Organic Total Body Reboot has some weird foods in it, I'm not going to lie! But it's the sequence in which you eat these foods that makes all the difference and helps you to reduce inflammation dramatically.

So hear me out on some of these foods that I'm having you order, and especially the quantities of those berries... It sounds a bit crazy (and it kind of is), but the stellar results of over 40,000 awesome clients speaks for itself!

Do you yourself a favor though, and look through the full program first. It's good for you to get an idea of what you're going to be eating so that you can get a good sense of how much to buy, and what not (it varies by how much you weigh and that is what makes this so effective (Because it's a bit more personalized this way)

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### **7-Day Organic Total Body Reboot Grocery Shopping List**

- **Organic Lemons (You're going to Need at least 7-14 of These)**
  - **Apple Cider Vinegar (One small bottle will suffice)**
  - **Organic Protein of Your Choice (Preferred Fish or Cage Free Eggs - You will consume about 0.25oz of Protein for Every Pound of Bodyweight each day)**
  - **Organic Berries (Blueberries, Raspberries, Blackberries, Strawberries - You will consume 4oz for every 50lbs of Bodyweight here, it's A LOT of berries)**
  - **Asparagus (No need to be Organic, Asparagus is safe as NON-ORGANIC - You will need 2 stalks for every 50lbs of bodyweight)**
  - **Organic Coconut Oil**
  - **Organic Local Honey**
  - **Cayenne Pepper**
  - **Organic Kale (or Baby Kale)**
  - **Organic Carrots (You'll use these for juicing, so about 2-3 per day)**
  - **Ginger (About 1 Small Knuckle Per Day)**
  - **Organic Cucumbers 1-2 per Day**
  - **Turmeric Root**
  - **Raw Shredded Cabbage (Or Head of Cabbage you can cut up - ½ Cup per day)**
  - **Organic Broccoli or Baby Broccoli**
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19 dec. 2019 — 7-Day Apple Cider Vinegar Cleanse. Written by JJ Smith, certified weight management specialist (NESTA) and nutritionist (ANA).

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