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By Renee Sanders

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Per serving: 285 calories,

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Renee Sanders is the author of Dash Diet Slow Cooker (DASH Diet Cookbooks) 100 Nutrition Packed Smoothies for Weight Loss 0.0 of 5 stars 0.00 avg rating

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Smoothies for weight loss: dash diet smoothies:

DASH Diet Smoothies: 100 Nutrition Packed Smoothies Renee Sanders is a mom of three and tested recipes with the world through her cookbooks.

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