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10-Day Green Smoothie Cleanse (2014) is a 10-day detox/cleanse made up of green leafy veggies, fruit, and water. 10-day cleanse – either full (green smoothies and light snacks) or modified (green smoothies and snacks and a non-smoothie meal a day).

10-Day Green Smoothie Cleanse by JJ Smith (2014): Food list

To make your own easy tee, you'II want to start with a cap sleeve shirt that fits well so you can make your own pattern, like this: Fold your shirt in half and lay it on a large piece of paper (I use freezer paper because I have a hugemongous roll of it and it's pretty wide).

the easy tee {beginner sewing tutorial for women - t-shirt}

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The best weight-gain supplements for ectomorphs are creatine, whey protein, and maltodextrin. But there are 2 more that can help. Check out our guide here.

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