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10 Day Green Smoothie Cleanse Lose Up To 15 Pounds In 10 Days

Eventually, you will no question discover a other experience and success by spending more cash. nevertheless when? do you tolerate that you require to get those all needs following having significantly cash? Why don't you attempt to acquire something basic in the beginning? That's something that will lead you to understand even more in the region of the globe, experience, some places, in the same way as history, amusement, and a lot more?

It is your entirely own era to feat reviewing habit. among guides you could enjoy now is **10 day green smoothie cleanse lose up to 15 pounds in 10 days** below.

~~JJ SMITH 10 DAY SMOOTHIE CLEANSE VLOG DAYS 1-10 | POCKETSANDBOWS 10-Day Green Smoothie Cleanse Review | Days 1-5 Snack ideas + Tips The TRUTH about JJ Smith 10 Day Smoothie Cleanse | 14LBS in 10DAYS! | TRIED THE 10 DAY GREEN SMOOTHIE CLEANSE || RESULTS \u0026amp; REVIEW BOOK REVIEW 10 DAY SMOOTHIE CLEANSE RESULTS 10-Day Smoothie Cleanse Results (GSC) JJ SMITH'S 10-DAY GREEN SMOOTHIE CLEANSE REVIEW \u0026amp; RESULTS!! 5 TIPS FOR 10-DAY GREEN SMOOTHIE CLEANSE | DAY 1-5 Results (SHOOK) Tips for Blending Green Smoothies!~~

5 snack recipes that got me through the 10 Day Green Smoothie Cleanse.10-Day Green Smoothie Cleanse by JJ Smith Starting Day 1 of JJ Smith 10 Day Green Smoothie Cleanse

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[Recipe JUICE DIET! HOW I LOST 15+ POUNDS | Drank Green Smoothies For 7 Days This Is What Happened 7-Day Smoothie Fast | Tips \u0026amp; Results ? JJ Smith | GSC | Approved Snacks | 2019 | @thecharming1 You Don't Go Hungry on the Green Smoothie Cleanse!](#)
[HOW I Lost 30 LBS in 30 Days With NO Exercise \(PICS\)](#)

[7 day detox green juice that will make you drop pounds in days | detoxGlowing Green Smoothie - The Beauty Detox by Kimberly Snyder Glowing Green Smoothie - Weight Loss and Glowing Skin! GREEN SMOOTHIE Recipe | Clear Skin \u0026amp; Weight Loss | IOST 14.6 LBS IN 10 DAYS!!! | 10-Day Green Smoothie Cleanse by JJ Smith Losing 14 pounds in 10 Days on the JJ Smith Green Smoothie Cleanse](#)

[How I lost 14 Pounds In TEN DAYS! 10 Day Green Smoothie Cleanse10-Day Green Smoothie Cleanse by J.J. Smith: HOW I LOST 15 POUNDS IN TEN DAYS AND KEPT IT OFF HOW I LOST 14LBS IN 10 DAYS | 10-Day Green Smoothie Cleanse My 10-Day Green Smoothie Cleanse Experience | Losing Baby Weight How to do the 10 Day Green Smoothie Cleanse | New Years Detox??? How To Do JJ Smith's 10-Day Green Smoothie Cleanse - Updated 10 Day Green Smoothie Cleanse](#)

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them

[10-Day Green Smoothie Cleanse: Smith, JJ: 9781501100109 ...](#)

The 10-day cleanse is a truly health-transforming experience. Here are the basic guidelines: 1.

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Each day you will drink up to 72 ounces of green smoothies per day.

~~40 Day Green Smoothie Atlanta~~

The 10-day Green Smoothie Cleanse is a book written by JJ Smith, a nutritionist and weight loss expert who speaks widely on the 10-day green smoothie cleanse. The 10-day Green Smoothie Cleanse is said to help you shed up to fifteen pounds, lose belly fat, and naturally crave healthy foods for the long term.

~~40 Day Green Smoothie Cleanse Review (UPDATE: 2020) | 7 ...~~

Purdue University In the pursuit of that ever-so desirable summer beach bod, I found myself committed to trying the 10-Day Green Smoothie Cleanse by JJ Smith. The cleanse is a 10-day detox of processed foods, dairy, meat, and caffeine to give your body a much needed “break” and allow it to work on others things AKA burn fat.

~~I Tried the 10-Day Green Smoothie Cleanse and This Is What ...~~

The 10-Day Green Smoothie Cleanse is a ten-day detox program made up of leafy veggies, fruit and water. The 10-Day Green Smoothie Cleanse will help you lose weight, increase energy, reduce cravings and improve overall health.

~~40 Day Green Smoothie Cleanse by JJ Smith~~

Made of nutrient-packed leafy greens and fruit, you'll enjoy the tasty smoothies from the 10-Day Green Smoothie Cleanse. which will help you jumpstart weight loss, boost your energy

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level, clear your mind, and improve your overall health. This is the recipe for Day 1—it makes enough for three smoothies, a full day's worth on the plan.

~~Sample Recipe: 10-Day Green Smoothie Cleanse—Tips on ...~~

Shopping for the 10-Day Green Smoothie Cleanse You'll use the shopping list for your trip to the grocery store. There is a shopping list for the entire 10 days but you only want to buy fruits and veggies for 5 days at a time so expect to shop twice during the 10-day cleanse.

~~10-Day Green Smoothie Cleanse Grocery List & Smoothie Recipes~~

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~~

This is the ONLY OFFICIAL group created by and managed by JJ Smith and her team each and every day. This group is for those participating in the 10-Day Green Smoothie Cleanse and the 30-Day Green...

~~10-Day Green Smoothie Cleanse—Facebook~~

Speaking of snacks Here is the list of snacks you can have on the 10-Day Green Smoothie Cleanse. You are free to snack whenever you are hungry but only on these items. A few of these items aren't in the book but the author posted them on the Facebook fan page since

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people were asking for more snack options. These are the only snacks allowed.

~~40 Day Green Smoothie Cleanse Review — Divas Can Cook~~

The 10-Day Green Smoothie Cleanse is helping tons of people who want to take on a practical and doable cleanse and reap the rewards! I've actually done the cleanse myself a couple times and love it. I've even had many cleansers tell me they have repeated it a few times over the year.

~~Top 10 Detox Tips & My 10 Day Green Smoothie Cleanse ...~~

The 10-Day Green Smoothie Cleanse is a detox program where, if you do the full cleanse, you consume primarily smoothies—60 ounces a day—comprised of leafy green vegetables, fruits, and water. It's best to drink a quarter every three hours or a third every four hours or so.

~~40 Day Green Smoothie Cleanse Review 2020 — Rip Off or ...~~

JJ Smith is a certified nutritionist, NY Times bestselling author and weight loss expert specializing in healthy, fast weight loss. Creator of the internationally recognized 10-Day Green Smoothie Cleanse.

~~Certified Nutritionist and Weight Loss Expert — JJ Smith~~

10-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 Days! - Kindle edition by Smith, JJ. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading 10-Day Green Smoothie Cleanse:

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Lose Up to 15 Pounds in 10 Days!.

~~40-Day Green Smoothie Cleanse: Lose Up to 15 Pounds in 10 ...~~

Lose weight and feel healthier in just 10 days with nutritionist J.J. Smith's green smoothie cleanse. Swap out your normal meals for smoothies and unlimited nonstarchy veggies that pack a punch and help boost your metabolism. Try any one of the nutrient-rich smoothies below as a meal replacement on this cleanse.

~~J.J. Smith's Green Smoothie Cleanse Recipes | The Dr. Oz Show~~

Smoothie Cleanse – Days 6-10. The 10-Day Green Smoothie Cleanse is DONE and my final results are heeere!! I've said it before but I am still in blissful shock and amazement at my journey with this program! I'll cut to the chase and share the outline of my last five days and weight loss results. Day Six. Down another pound!

~~40-Day Green Smoothie Cleanse – FINAL RESULTS! – The ...~~

The 10-Day Green Smoothie Cleanse is a detox program that will help you lose weight, increase energy, reduce cravings, and improve overall health. You will detoxify your body through elimination of certain foods for ten days and reprogram your taste buds to desire healthy, nutrient-rich foods.

~~40-Day Green Smoothie Cleanse – WordPress.com~~

Hey guys! I decided to take you all along on my 10 day smoothie cleanse! Check it out and see

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if I lost any weight! For all business inquiries, Please contac...

~~JJ SMITH 10 DAY SMOOTHIE CLEANSE VLOG DAYS 1-10 ...~~

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days.

Recommends a ten-day cleansing diet for health and weight loss based on drinking green smoothies made from leafy greens and fruit juices and offers recipes for smoothies and advice on maintaining improvements when the ten days are over.

The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in

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years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10–15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

The 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind and improve your overall health. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will... • Lose 10-15 pounds in 10 days • Get rid of stubborn body fat, including belly fat • Drop pounds and inches fast, without grueling workouts • Learn to live a healthier lifestyle of detoxing and healthy eating • Naturally crave healthy foods so you never have to diet again • Receive over 100 recipes for various health conditions and goals

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The 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind and improve your overall health. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will.... Lose 10-15 pounds in 10 days. Get rid of stubborn body fat, including belly fat. Drop pounds and inches fast, without grueling workouts. Learn to live a healthier lifestyle of detoxing and healthy eating. Naturally crave healthy foods so you never have to diet again. Receive over 100 recipes for various health conditions and goals

A New York Times bestseller from certified weight-loss expert JJ Smith, *Green Smoothies for Life* offers a brand-new meal plan to incorporate green smoothies into your everyday routine while developing healthier long-term eating habits and improving your overall health. More than a weight loss plan, the 10-Day Green Smoothie Cleanse, designed by nutritionist and certified weight-loss expert JJ Smith, became a way of life. Readers reported that they not only shed pounds but they also slept better, thought more clearly, and were in better over-all health, with some adherents, in consultation with their doctor, even moving off medication. As delicious as

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her green smoothies are, however, the cleanse was designed only to jumpstart a detox and a new approach to eating—it's not a permanent solution. In her new book, *Green Smoothies for Life*, the highly anticipated follow up to the #1 New York Times bestseller *10-Day Green Smoothie Cleanse*, Smith presents a way that green smoothies can be incorporated into your daily regimen. With over thirty recipes for everything from hot dinners to desserts and snacks, sixty thoughtfully composed green smoothie recipes, a thirty-day meal plan and the corresponding shopping lists, the book provides you with a step-by-step prescriptive daily regimen that shows you how to eat mindfully and healthily. In addition to green smoothies and color photographs of select recipes, the book includes more than twenty effective methods to detox (which helps fuel weight loss), information on Smith's DHEMM (Detox, Hormonal Balance, Eat, Move and Mental Mastery) weight loss system, and testimonials from dieters who've change their approach to not just food but also life since while following her advice. Whether you are just starting out on your weight loss journey or already a smoothie convert, *Green Smoothies for Life* is the essential next step in continuing your pursuit of a healthier lifestyle.

Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, *Simple Green Smoothies*, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The *Simple Green Smoothies*' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. *Simple Green Smoothies* includes a 10-day green smoothie kick-

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start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?

JJ Smith, author of the #1 New York Times bestseller 10-Day Green Smoothie Cleanse, provides an all-new and accessible detox system that rids the body of unwanted fat and bacteria for renewed energy and lasting weight loss. In the tradition of certified weight loss expert and nutritionist JJ Smith's 10-Day Green Smoothie Cleanse, Think Yourself Thin, and Green Smoothies for Life, comes the 7-Day Apple Cider Vinegar Cleanse. This revolutionary cleanse includes meals and drinks that help support the body's natural detoxification process and promote a healthy environment for good bacteria in the body. All of the new and delicious 25 recipes for breakfast, lunch, dinner, and snacks will effectively help rid of your body of toxins and unwanted fat in just 7 days, jumpstarting your journey to permanent weight loss.

?Do you want to get rid of stubborn body fat? ? ?Do you want to shed off a couple of pounds without hard workouts? ? ?If Yes, ??u are ?n th? r?ght ?!?!?!? So many people who intend to

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lose weight do not know what the right ratio of ingredients for a tasty smoothie is. Well, you have nothing to worry about because I have you covered. Enjoy nearly endless options for imaginative and healthy smoothies with more than 50 nutritious, easy-to-make recipes. Diet Book "The 10-Day Green Smoothie Cleanse For Weight Loss" filled with tasty mix-and-match ideas, for crafting creative smoothies-from brain-boosting breakfasts to supercharged afternoon snacks. Whatever you crave, Diet Book "The 10-Day Green Smoothie Cleanse For Weight Loss" is your go-to guide for creating customizable smoothies that are perfect for you.

This smoothie recipe cookbook contains two big parts: Part 1 All about The 10-day Green Smoothie Cleanse Weight Loss and Diet Plan Part 2 Additionally 50 Detox Green Smoothies Recipes For Weight Loss. To diversify your diet So, what are you still waiting for? Let's get right to it and start losing weight for a healthier lifestyle. Just Click on "Buy now with 1-Click (R)" And Start Your Journey Towards the Healthy World Today I look forward to getting you started on some of my most favorite recipes that I've ever shared. Trust me, it's worth it!

healthy smoothies recipes for weight loss, healthy weight loss smoothies recipes, weight loss smoothies recipes green, green smoothies recipes for weight loss, green smoothies recipes weight loss, smoothies recipes, best fruit smoothies recipes, green smoothies recipes, diet smoothies recipes, veggie smoothies recipes, healthy smoothies recipes to lose weight, simple smoothies recipes, simple green smoothies recipes, smoothies recipes to lose weight, cleansing smoothies recipes, coffee smoothies recipes, weight loss smoothies recipes, banana smoothies recipes, low calorie smoothies recipes, pineapple smoothies recipes, chocolate smoothies recipes, morning smoothies recipes, fruits smoothies recipes, healthy fruit smoothies recipes, fruit smoothies recipes healthy, fruit smoothies recipes, spinach smoothies

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recipes, smoothies recipes with almond milk, almond milk smoothies recipes, berry smoothies recipes, smoothies recipes healthy, blueberries smoothies recipes, blueberry smoothies recipes, healthy smoothies recipes, healthy breakfast smoothies recipes, healthy smoothies recipes for breakfast, breakfast smoothies recipes healthy, lose weight smoothies recipes, lose weight with smoothies recipes, healthy green smoothies recipes, green healthy smoothies recipes, smoothies recipes with milk, coconut milk smoothies recipes, veg smoothies recipes, raspberry smoothies recipes, good smoothies recipes, avocado smoothies recipes, vegetarian smoothies recipes, vegan smoothies recipes, smoothies recipes to gain weight, health smoothies recipes, easy fruit smoothies recipes, best smoothies recipes, fruit and vegetable smoothies recipes, vegetables smoothies recipes, vegetable and fruits CHOOSE which one you like more? The Book Available in 3 Editions: Kindle Editions Paperback - Full Color Paperback - Black & White Edition Tags: food in high protein, high protein in diet, high protein dieting, high protein diet for beginners, high protein breakfast, high protein foods with low fat, high protein foods with low carbs, low carb high protein foods, vegetables with high protein, high proteins foods, foods with high proteins, high protein plant based cookbook, vegan bodybuilding cookbook, high protein plant based food, high protein plant based diet book, high protein f

Drink proven Green Detox Smoothies to lose weight and restore your health naturally! Amazon best-selling author, Diane Sharpe, serves up delicious nutrient-dense smoothies to help you easily rid your body and harmful toxins, feel re-energized and stay healthy. Everyday toxins from our food and environment threatens our existence and has resulted in an epidemic of

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adverse health effects-ranging from obesity to low energy levels, aches and pains, digestive upsets and more. But there is good news! Diane's simple and structured smoothie detox program is designed to help you cleanse your body and restore your health. The Detox Smoothie Cleanse book takes readers to the next level with naturally delicious smoothies and insightful detox guidelines. Experience the simple yet powerful approach to optimum health!

?Are you ready to look healthier, slimmer, and sexier than you have in years? ?
??Congratulations, you're in the right place!??? ???Get ready to transform your life with this 10-day green smoothie cleanse!??? This smoothie recipe cookbook contains: All About The 10-Day Green Smoothie Weight Loss Program Why is Detoxification Important? What is the Green Smoothie Cleanse Program? Health Benefits of the 10-day Green Smoothie Program Detox Green Smoothie Recipes for Weight Loss How to Continue Losing Weight After the 10-Day Challenge And more... Are you ready to jump on the Green Smoothie Cleanse train just yet? I'm guessing you're at least CURIOUS since you're reading the description of this book. Okay, before you decide, let me tell you what this book will help you with. Have you ever struggled to lose weight because you couldn't stick to a "diet", or you're tired of lacking energy all the time, or simply want to get rid of all the processed foods in your diet and don't know how to go about it... If that's you, then I've got good news for you. Whether you want to improve your health, lose weight or detox your system, The Green Smoothie Recipe Book will make it easy to reach your goals. This book will guide you from beginning to end on what you ought to do in order to succeed with the Green Smoothie Cleanse 10 Day Plan. So, what are you still waiting for? Let's get right to it and start losing weight for a healthier lifestyle. Just Click on

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on some of my most favorite recipes that I've ever shared. Trust me, it's worth it! healthy
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smoothies recipes green, green smoothies recipes for weight loss, green smoothies recipes
weight loss, smoothies recipes, best fruit smoothies recipes, green smoothies recipes, diet
smoothies recipes, veggie smoothies recipes, healthy smoothies recipes to lose weight, simple
smoothies recipes, simple green smoothies recipes, smoothies recipes to lose weight,
cleansing smoothies recipes, coffee smoothies recipes, weight loss smoothies recipes, banana
smoothies recipes, low calorie smoothies recipes, pineapple smoothies recipes, chocolate
smoothies recipes, morning smoothies recipes, fruits smoothies recipes, healthy fruit
smoothies recipes, fruit smoothies recipes healthy, fruit smoothies recipes, spinach smoothies
recipes, smoothies recipes with almond milk, almond milk smoothies recipes, berry smoothies
recipes, smoothies recipes healthy, blueberries smoothies recipes, blueberry smoothies
recipes, healthy smoothies recipes, healthy breakfast smoothies recipes, healthy smoothies
recipes for breakfast, breakfast smoothies recipes healthy, lose weight smoothies recipes, lose
weight with smoothies recipes, healthy green smoothies recipes, green healthy smoothies
recipes, smoothies recipes with milk, coconut milk smoothies recipes, veg smoothies recipes,
raspberry smoothies recipes, good smoothies recipes, avocado smoothies recipes, vegetarian
smoothies recipes, vegan smoothies recipes, smoothies recipes to gain weight, health
smoothies recipes, easy fruit smoothies recipes, best smooth

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