



Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster!

Ian K. Smith M.D.

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The diet that works faster and forever!

SUPER SHRED

Using the same principles—meal spacing, snacking, meal replacement and diet confusion—that made his SHRED a major #1 bestseller—Dr. Ian Smith has developed what dieters told him they needed: a **quick-acting** plan that is **safe** and **easy** to follow at home, at work, or on the road.

SUPER SHRED

It's a program with four week-long cycles:

- Foundation**, when you'll eat four meals and three snacks a day, start shedding pounds and set yourself up for success
- Accelerate**, when you'll kick it up and speed up weight loss
- Shape**, the toughest week in the program, and the one that will get your body back by keeping it guessing
- Tenacious**, a final sprint that cements your improved eating habits and melts off those last stubborn pounds

The SHRED system never leaves you hungry. It's a completely new way to lose weight, stay slender, and feel fantastic about your body, mind and spirit!

Includes more than 50 all-new recipes for meal replacing smoothies and soups!

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Michelle Curry:

People live in this new day of lifestyle always attempt to and must have the extra time or they will get great deal of stress from both daily life and work. So , whenever we ask do people have free time, we will say absolutely yes. People is human not just a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to a person of course your answer may unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, typically the book you have read is Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster!.

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