



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

Ian K. Smith

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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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