



**Shred Diet Guide and Recipes Made Simple:
Concise Guide And 50 Surprisingly Simple Recipes
following Ian K Smith's six week cycle Shred Diet
plan**

Betty Johnson

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Shred Diet Guide And Recipes Made Simple combines two books by Betty Johnson-Shred Diet Made Simple and Shred Diet Recipes Made Simple. In the first book, Shred Diet Made Simple, Betty demystifies the main concept and principles behind Ian K. Smith's 6 week cycle diet plan. You will learn about the general outlines of Shred Diet and types of allowable and non-allowable foods. In the second book, Betty takes the concepts further by giving specific ingredients and recipes for each week-from Week 1 to Week 6. In this cookbook, you will discover 50 surprisingly simple recipes you can prepare in the same afternoon. Do not think that you have sacrificed your enjoyment of food by giving up meals. Chances are, there are meals you enjoyed eating and you get to stick to the weekly dieting plans. You can substitute them with a variety of dishes ranging from blueberry pancakes, banana berry smoothies to broccoli chicken and cauliflower soup. There are ample choices for those who want to stick strictly to the 6 Week Shred diet plan. This way, you will never get bored of eating the same meal over and over again. This reinforces your habit of sticking to the diet to a healthier you. Give this book a try. Shred Diet cooking can really be made simple, even if you are total novice at cooking!

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