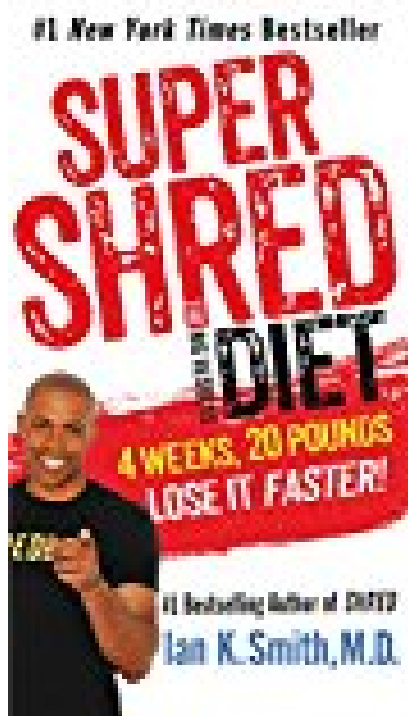


# Super Shred The Big Results Diet 4 Weeks 20 Pounds Lose It Faster!

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## BOOK DETAILS

- Author : Ian K. Smith M.D.
- Pages : 304 Pages
- Publisher : St. Martins Paperbacks
- Language : English
- ISBN : 1250118212

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## BOOK SYNOPSIS

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 K. 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 Its a program with four week-long cycles: --Foundation, when youll eat four meals and three snacks a day, start shedding pounds and set yourself up for success --Accelerate, when youll 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. Its 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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