

## SUPER SHRED THE BIG RESULTS DIET%0A

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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.

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IAN K. SMITH is the author of the no. 1 New York Times Bestsellers SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet. He is a co-host of the Emmy-winning daytime talk show, The Doctors. Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds ...

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Super Shred: The Big Results Diet - doctoriansmith.com

4 Weeks, 20 Pounds, Lose It Faster! Dr. Ian K. Smith's SUPER SHRED is a four-week super-charged program that shares the same principles meal spacing, snacking, meal replacement, and diet confusion as SHRED with twice the intensity and a shorter quick-acting plan.

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Super Shred: the Big Results Diet : 4 Weeks, 20 Pounds

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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.

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**Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds ...**

SUPER SHRED is a program designed to bring you fast results, but in a healthy way. The plan is laid out in a very simple, easy-to-follow strategy. Each day you will have a detailed meal plan that you will follow. There will be some flexibility in the meal plan so that you can have choice in what you eat and drink. Timing is important for the plan to be most effective, so try your best to set a

**SuperSHRED: The Big Results Diet - SHRED Brands LLC**

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