

## SHRED IAN SMITH



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IAN K. SMITH, M.D., is the number one bestselling author of The Fat Smash Diet, Extreme Fat Smash Diet, The 4 Day Diet, and the SHRED franchise. He is a medical contributor on The Rachael Ray Show, host of nationally syndicated radio show HealthWatch, and served as the medical/diet expert for six seasons on VH1's hit Celebrity Fit Club. He is also creator/founder of two national health

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Preheat oven to 375 degrees; Cook pasta in a large pot of boiling salted water, until al dente. Drain well. Season salmon with salt and pepper to taste, then place on a parchment paper-lined baking pan and bake for 15 to 20 minutes, until desired temperature is reached.

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