

## **SUPER SHRED DIET IAN SMITH**



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Super SHRED (2013) is a 4-week very rapid weight loss diet, written by Dr. Ian Smith of The Doctors. It s a follow-up to the SHRED diet.. Negative energy balance eat fewer calories than you burn.

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### **Dr Ian Smith Best Selling Author TV Personality Physician**

Ian K. Smith, M.D. Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet, and BLAST THE SUGAR OUT.Dr. Smith s highly anticipated newest book, The Clean 20, became an instant New York Times best seller, helping hundreds of thousands of people reduce bad sugars from their diet, lose weight, lower blood sugar

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### **'Super Shred Diet' Week 1 Menu Grocery List and Bonus**

It's the new year, and many people have resolved to eat better and lose weight. Dr. Ian Smith, a diet expert, appeared on "Good Morning America" today to discuss Super Shred, the diet plan he

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