

SUPER SHRED DIET BOOK



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Super Shred The Big Results Diet 4 Weeks 20 Pounds

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. Dr. Smith served as the medical/diet expert for six seasons on VH1's highly-rated Celebrity Fit Club, and is the founder of two major national health initiatives the 50 Million Pound

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Super SHRED diet by Dr Ian Smith 2013 Food list what

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. Use this page as a cheat sheet alongside the book. Send this page to friends, family, and anyone else who you want to understand what you re eating on this

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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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Diets List of diets with Chewfo food lists what to eat

List of all diets with Chewfo food lists, with short summaries of each one so you can understand the basics of each diet.

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Hybrid Dieting Cherry Picking the Best Diet Strategies

I do something quite similar in terms of a hybrid diet. I eat lean gains style on weekdays which as you know is a combination of intermittent fasting, paleo on rest days, refeeds on training days.

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