

## IAN SMITH SHRED



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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.  
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### **Shred The Revolutionary Diet 6 Weeks 4 Inches 2 Sizes**

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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### **About Dr Ian Smith SHRED Brands LLC**

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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.. Negative energy balance eat fewer calories than you burn.  
<http://ebookslibrary.club/download/Super-SHRED-diet-by-Dr-Ian-Smith--2013-Food-list--what--.pdf>

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

Dr. Ian Smith, a diet expert, appeared on "Good Morning America" today to discuss Super Shred, the diet plan he details in his new book, "Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds  
<http://ebookslibrary.club/download/'Super-Shred-Diet'--Week-1-Menu--Grocery-List-and-Bonus--.pdf>

### **Super Shred Diet Review UPDATE 2018 13 Things You**

The Super Shred Diet was published as a book in 2013 by Dr. Ian K. Smith who believes that a diet should be affordable, simple and guilt-free. The author has also published several other diet plans and products including Shred Power Cleanse & Recipe Book, the Fat Smash Diet and the 4 Day Detox.  
<http://ebookslibrary.club/download/Super-Shred-Diet-Review--UPDATE--2018--13-Things-You--.pdf>

### **Ian K Smith Wikipedia**

Ian K. Smith, M.D. (born July 15, 1969) In 2015, Smith published The Shred Diet Cookbook and The Shred Power Cleanse. In partnership with CVS, the 50 Million Pound Challenge will participate in a series of free community health events in urban communities across the country.  
<http://ebookslibrary.club/download/Ian-K--Smith-Wikipedia.pdf>

### **Dr Ian Smith's 10 Best Tips for Weight Loss Essence**

Dr. Ian Smith Jan, 13, 2013 Fresh off the success of his New York Times Bestselling diet book, Shred: The Revolutionary Diet , Dr. Ian Smith is getting you motivated to living a healthier and  
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### **Shred The Revolutionary Diet 6 Weeks 4 Inches 2 Sizes by**

SHRED. Ian K. Smith, M.D., #1 bestselling author and diet guru, has created a revolutionary 6-week plan that combines meal spacing, snacking, meal replacement, strategic exercise, and "diet confusion". SHRED will rev

up your body's performance, boost metabolism and shred excess weight permanently.

<http://ebookslibrary.club/download/Shred--The-Revolutionary-Diet--6-Weeks-4-Inches-2-Sizes-by--.pdf>

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Dr. Ian Smith. 230K likes. #1 Bestselling Author. Physician. TV Personality. SHRED is now available in paperback. [www.doctorsiansmith.com](http://www.doctorsiansmith.com). Jump to. and get a full leg workout with pli squats from the SHRED Burn 27 DVD! 464. 22. Looking for the perfect afternoon snack to keep you going? Try cucumbers and hummus. 131.

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