

## **THE REVOLUTIONARY DIET**



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### **SHRED The Revolutionary Diet doctoriansmith com**

SHRED The Revolutionary Diet. Those who follow SHRED will constantly be eating, 4 meals or meal replacements (soups, smoothies, shakes) and 3 snacks a day, over a six week program. SHRED also introduces Dr. Ian s concept of Diet Confusion . Diet Confusion, like muscle confusion, tricks the body and revs up its performance.

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Read an Excerpt. SHRED is a revolutionary diet plan that combines several different strategies in an effort to help users lose weight, increase confidence, and improve overall wellness.

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### **SHRED The Revolutionary Diet Diets in Review**

SHRED - The Revolutionary Diet. This diet is for those who have already been on a long weight loss journey, and are now at a plateau with about 10-20 pounds left to lose to reach their goals. Out of those who have tried this diet, the average weight loss in six weeks was 20 pounds.

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### **Shred The Revolutionary Diet Review ConsumersCompare org**

Shred: The Revolutionary Diet is the creation of Dr. Ian K. Smith, and it deals with confusing the metabolism with diet. According to Dr. Smith, by confusing the metabolism with what is being ingested, it never has the chance to slow down and that allows dieters to lose vast amounts of weight.

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

Shred: The Revolutionary Diet : 6 Weeks 4 Inches 2 Sizes. Average rating: 4.541 out of 5 stars, based on 61 reviews 61 reviews. Ian K Smith. Walmart # 569517094. This button opens a dialog that displays additional images for this product with the option to zoom in or out.

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### **The 22 Day Revolution by Marco Borges Food list foods to**

The 22-Day Revolution by Marco Borges: Food list. The 22-Day Revolution (2015) is a whole-foods, plant-based diet. Eat whole plant foods vegetables, fruits, grains, legumes, nuts and seeds. Aim for 80-10-10 80% unprocessed carbohydrates, 10% fat, 10% protein. Avoid animal products, processed and refined foods, sugars, artificial sweeteners.

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### **The metabolism miracle The revolutionary diet that can**

Starting today in our exclusive four-part diet series, we outline the Metabolism Miracle - a revolutionary new weight loss programme written by respected U.S. nutritionist Diane Kress that has

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

Sometimes a diet book breaks through the clutter to become popular- think The Scarsdale Diet back in the 70s. One that has caught the zeitgeist recently is Dr. Ian Smith's Shred Revolutionary Diet- 6 Weeks, 4 Inches, 2 Sizes.

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### **Real Meal Revolution Banting Diet Made Simple Delicious**

The Real Meal Revolution Online Program uses the Banting Diet to make low-carb simple, effective and delicious with the best meal plans and recipes around.

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

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

No matter how often or how unsuccessfully you've dieted before, Shred: The Revolutionary Diet will change your life. Shred has taken the internet by storm, and thousands have already joined Dr. Ian's Shredder Nation, losing an average of four inches, two sizes or twenty pounds in six weeks.

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### **Book 22 Days Nutrition**

It s finally here! The official 22 Days program! Founded on the principle that it takes 21 days to make or break a habit, The 22-Day Revolution is a plant-based diet designed to create lifelong habits that will empower you to live a healthier lifestyle, to lose weight, or to reverse serious health concerns.

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