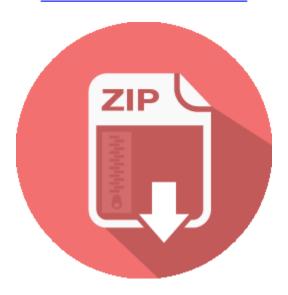
# **DIET BOOK SHRED**



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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. 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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The Cabbage Soup Diet and Recipe. Recipe: The cabbage soup can be eaten at any time you feel hungry during the day, and you can eat as much as you wish as often as you like.

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# Bodybuilding supplement Wikipedia

Bodybuilding supplements are dietary supplements commonly used by those involved in bodybuilding, weightlifting, mixed martial arts, and athletics for the purpose of facilitating an increase in lean body mass. The intent is to increase muscle, increase body weight, improve athletic performance, and for some sports, to simultaneously decrease percent body fat so as to create better muscle

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