

SHRED THE REVOLUTIONARY DIET



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SHRED The Revolutionary Diet doctoriansmith com

SHRED combines a low GI diet, meal spacing, and meal replacements. 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.

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SHRED The Revolutionary Diet Diets in Review

Absolutely too much sugar from all the fruit in this diet. Had the shakes and felt like I was starving. I am going to modify by adding protein and follow the weight watchers program.

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Shred The Revolutionary Diet 6 Weeks 4 Inches 2 Sizes by

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.

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Shred combines a low GI diet, meal spacing, and meal replacements. Those who follow Shred will constantly be eating (every three and a half hours!), four meals or meal replacements (soups, smoothies, shakes) and 3 snacks a day, over a six week program.

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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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Super Shred The Big Results Diet doctoriansmith com

Dr. Ian K. Smith s SUPER SHRED is a four-week super-charged program that shares the same principles meal spacing, snacking, meal replacement, and diet confusion as SHRED with twice the intensity and a shorter quick-acting plan.

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Shred The Revolutionary Diet 6 Weeks 4 Inches 2 Sizes by

Shred combines a low GI diet, meal spacing, and meal replacements. Those who follow Shred will constantly be eating (every three and a half hours!), four meals or meal replacements (soups, everyone will have access to the revolutionary eating plan that leads to lifestyle changes and permanent weight loss forever.

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Super SHRED diet by Dr Ian Smith 2013 Food list what

Super SHRED diet plan what to eat and foods to avoid. General guidelines | Week 1 Foundation | Week 2 Accelerate | Week 3 Shape | Week 4 tenacious | Vegetarians. General guidelines. Meal spacing: Each week is different, so pay attention to the eating instructions for that week as well as the schedule of meals.
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