

DR IAN SMITH SUPER SHRED



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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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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. Calorie disruption intermittent fasting, with dramatically varying calorie consumption.

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Ian K Smith Official Site

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. Smith's highly anticipated newest book, The Clean 20, became an instant New York Times best seller, helping hundreds of thousands of people reduce bad sugars from their diet

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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.

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Super Shred by Dr Ian Smith any thoughts

Super Shred by Dr. Ian Smith - any thoughts? Rebstoff14 Posts: 21 Member Member Posts: 21 Member Member. in Food and Nutrition. I am on week 4 day 1 of super shred. I lost 6 pounds week one and 6 pounds week 2 and almost 2 pounds week 3. It is working really well for me. After the first week I could wear clothes that were too tight.

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Super Shred The Big Results Diet 4 Weeks 20 Pounds

Ian K. Smith, M.D., Ian K. Smith, M.D. is the #1 New York Times bestselling author of SUPER SHRED, SHRED, THE 4 DAY DIET, THE FAT SMASH DIET and EXTREME FAT SMASH DIET among 7 other books including, SHRED Diet Cookbook, EAT, Happy, and The Blackbird Papers. His newest book, THE SHRED POWER CLEANSE, is available 12/29/15.

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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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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 The Big Results Diet 4 Weeks 20 Pounds

IAN K. SMITH, M.D. is the New York Times #1 bestselling author of Shred, The 4 Day Diet, The Fat Smash Diet and Extreme Fat Smash Diet. He is a co-host of the television show The Doctors, a medical contributor to The Rachael Ray Show and host of the nationally syndicated radio show HealthWatch.. Dr. Smith is the founder of two major national health initiatives the 50 Million Pound Challenge

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