



Super Shred Progress Journal

By Speedy Publishing LLC

Speedy Publishing LLC, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Super Shred Diet is a dieting system designed to lose an enormous amount of weight over a short, 4 week period. Rapid weight loss diets can be dangerous if proper nutritional balance is not maintained, but it can be quite difficult to remember what foods contain which nutrients. A dieting journal can help the person dieting keep a careful record of every calorie consumed while also ensuring they are ingesting a healthy level of vitamins and nutrients each day.



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