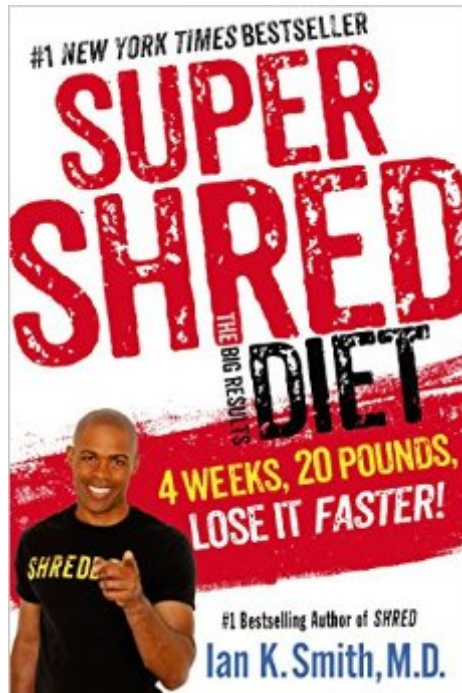


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# Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster!



## Synopsis

The diet that works faster and forever! SUPER SHRED Using the same principles •meal spacing, snacking, meal replacement and diet confusion• that made his SHRED a major #1 bestseller •Dr. Ian K. Smith has developed what dieters told him they needed: a quick-acting plan that is safe and easy to follow at home, at work, or on the road. SUPER SHRED It's a program with four week-long cycles: --Foundation, when you'll eat four meals and three snacks a day, start shedding pounds and set yourself up for success--Accelerate, when you'll kick it up and speed up weight loss--Shape, the toughest week in the program, and the one that will get your body back by keeping it guessing--Tenacious, a final sprint that cements your improved eating habits and melts off those last stubborn pounds The SHRED system never leaves you hungry. It's a completely new way to lose weight, stay slender, and feel fantastic about your body, mind and spirit! Includes more than 50 all-new recipes for meal replacing smoothies and soups!

## Book Information

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## Customer Reviews

I was on the treadmill one morning and saw Dr. Smith on Good Morning America. As I journeyed through my 40's and early 50's, I gained about 2 pounds a year. Slow and stealthy. Here I was with what I was calling my "Beyonce Booty" (no offense to Beyonce--looks better on her than me!). I was intrigued by his premise that "anybody can do anything for 30 days!" Have tried Weight Watchers (not as faithfully as I could), a sort of Adkins Diet, a sort of Mediterranean Diet (you get the "sort of" here?). What I liked a lot about Super Shred was how easy it was. He lays out for you exactly what to eat and when to eat it. I would write out the week ahead (times to eat and suggestions as to what

to eat). There is no need to cook different fancy recipes each night, no complicated shopping. I did eat a lot of salads, but found sugar free balsamic vinegar dressing (5 calories per serving) and made my own smoothies for breakfast (80 calorie Dannon Greek yogurt with 11 grams protein, banana, a couple of strawberries and a cup of crushed ice--less than 200 calories and very filling). I had a fancy dress Gala to go to in a month and I kept saying in my head "see the dress, see the dress" (a dress I had not worn since the Y2K party!) I followed the diet 95% faithfully (cheated a little on the wine allocation--just a little. Hardest for me was limiting myself to one Diet Coke per day). and I did the diet for five weeks (repeated week one because of the slight cheating) I lost 12 pounds before the Gala and rocked the dress! (goal was 10 which I thought would be impossible--the last 10 are the hardest they say!).

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