



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

By Ian K. Smith M.D.

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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!

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Editorial Review

Review

Shredder Nation speaks:

"I had no idea how much my life would change in only a month. With "Shred" I'm down a total of 27 lbs. At my age and metabolism, it's a miracle. I am a SHREDDER for life." --Beverly

"Week 2 day 3. Lots of energy. Down 5 pounds already!"--Maggie

"Got my measurements taken today and I was down 1/4 inch in all areas, even my trouble spot arms! Body fat percentage was slightly down too."--Nicole

"I started Shredding twenty days ago. I've lost a total of 10 lbs. I don't miss all the junk food and fast foods I used to eat. I'm never hungry on the "Shre"d diet. This is the lifestyle change I truly needed."--Karen

About the Author

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 Challenge and the Makeover Mile?that have helped millions of people lose weight and improve their health.

A graduate of Harvard, Columbia, and the University of Chicago's Pritzker School of Medicine, Smith was appointed by President Obama in 2010 to the President's Council on Fitness, Sports, and Nutrition.

Users Review

From reader reviews:

Lauren Clarke:

This Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster! are generally reliable for you who want to be considered a successful person, why. The key reason why of this Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster! can be one of several great books you must have will be giving you more than just simple reading through food but feed anyone with information that maybe will shock your preceding knowledge. This book will be handy, you can bring it almost everywhere and whenever your conditions at e-book and printed kinds. Beside that this Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster! giving you an enormous of experience for instance rich vocabulary, giving you demo of critical thinking that we all know it useful in your day activity. So , let's have it and luxuriate in reading.

Barbara Davis:

Reading a publication tends to be new life style in this particular era globalization. With studying you can get a lot of information which will give you benefit in your life. Together with book everyone in this world could share their idea. Guides can also inspire a lot of people. A lot of author can inspire all their reader with their story or maybe their experience. Not only the story that share in the guides. But also they write about the knowledge about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors these days always try to improve their talent in writing, they also doing some analysis before they write for their book. One of them is this Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster!.

Dorothy Payne:

In this period globalization it is important to someone to obtain information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. The book that recommended to your account is Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster! this e-book consist a lot of the information with the condition of this world now. This particular book was represented just how can the world has grown up. The language styles that writer use for explain it is easy to understand. The writer made some analysis when he makes this book. That is why this book ideal all of you.

Mary Wright:

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