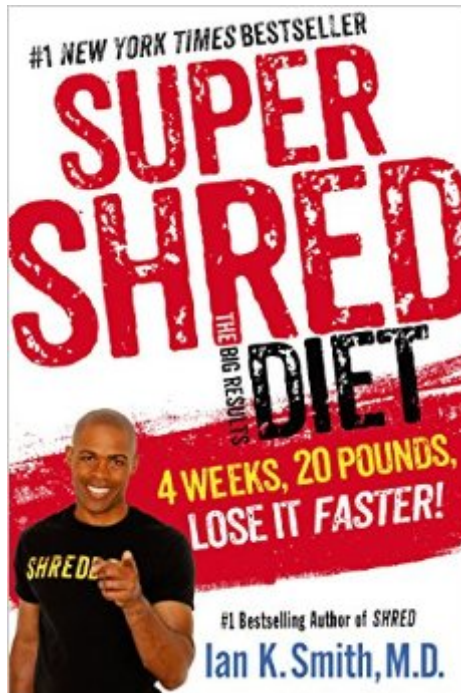


The book was found

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 principlesâ•meal spacing, snacking, meal replacement and diet confusionâ•that made his **SHRED** a major #1 bestsellerâ•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

Paperback: 256 pages

Publisher: St. Martin's Griffin; Reprint edition (December 30, 2014)

Language: English

ISBN-10: 1250061202

ISBN-13: 978-1250061201

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ• See all reviewsÂ• (1,011 customer reviews)

Best Sellers Rank: #7,626 in Books (See Top 100 in Books) #92 inÂ• Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #201 inÂ• Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

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!).

[Download to continue reading...](#)

Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster! The Hungry Girl Diet: Big Portions. Big Results. Drop 10 Pounds in 4 Weeks Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Super Shred Diet Recipes Ready In 30 Minutes: 74 Mouthwatering Main Courses, Stews & Smoothie Recipes Inside! Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) The Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!: Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or

Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals) Now Eat This! Diet: Lose Up to 10 Pounds in Just 2 Weeks Eating 6 Meals a Day! HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook)

[Dmca](#)