



# Shred: The Revolutionary Diet: 6 Weeks 4 Inches 2 Sizes

*Ian K. Smith*

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Which diet can you go on when *nothing* else is working?

SHRED

Ian K. Smith, M.D., #1 bestselling author and diet guru, has created a revolutionary 6-week plan that combines meal spacing, snacking, meal replacement, strategic exercise, and "diet confusion".

SHRED will rev up your body's performance, boost metabolism and shred excess weight permanently.

SHREDDERS who have reached their goal weight and stayed there know that SHRED is a diet that never leaves you hungry?some say there's almost too much to eat! You can SHRED at home or on the road and customize SHRED to fit *your* specific weight loss goals.

SHRED sets you up for a lifetime of thin!

Includes 30 meal replacement recipes!

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