



Shred Power Diet Cleanse: Little Known Ways to Eat Healthy, Lose Weight, and Change Your Life in 6 Weeks (Shred Diet, Shred Cleanse, Shred Cookbook)

Laura Bennett

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Proven Shred Diet recipes that will guarantee you lose weight in 6 weeks

This book contains the information that you need to know about the SHRED Diet, as well tips in order to help you reap and enjoy the benefits of the diet. Since the whole SHRED Diet program is divided into six weeks, every week of the diet—what you should eat, exercises that you need to perform, and what to expect will all be discussed in the chapters of this book. Finally, I've added a little bonus at the end of this book where I provided a couple of SHRED Diet approved recipes.

Formulated by Dr. Ian K. Smith to address the needs of his friend and patient who experienced a weight loss plateau after losing 30% of her body weight, Dr. Smith created the SHRED Diet that combines all the strategies of different diets in one single food plan. As doctor Smith puts it in his book, "It would be like taking your best players on a team and putting them out on the field at once to maximize your chance of winning a game," in this case, losing weight and becoming healthier.

What You Will Learn Inside the Book:

- All About the SHRED Diet
- Tips Before You Start the SHRED Diet
- Full Disclosure on 6-Week SHRED Cycle and Diet Recipes

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