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The Shred

Roman Wölfel



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The Shred Power Cleanse Ian K. Smith, 2015-12-29 Dr Ian is answering Shredder Nation's call for a short term fast acting cleanse that will help you reset and power through to your new weight loss goal The SHRED Power Cleanse takes the classic detox plan to a new level You won't find any fiberless anemic juices on this regimen Dr Ian lays out each day of the two week program giving you everything you need to jump start BIG change More than 50 smoothie recipes built to boost your immunity and maintain your protein and fiber intake including Dr Ian's signature Purple Power Cleanse smoothie Fresh salads and other clean foods to fill you up and keep your energy level high Detoxifying exercise regimens for beginner intermediate and advanced levels A Weekend Power Tune up bonus designed to keep you on track long after the two weeks of the cleanse are up and all some Shred Cleansers will need The SHRED Power Cleanse will keep you satisfied clear your mind and leave you several pounds lighter

The Shred Diet Cookbook Ian K. Smith, M.D., 2015-03-03 Can I eat that on SHRED Hundreds of thousands have lost extraordinary amounts of weight on Dr Ian K Smith's SHRED programs using his proven killer combo of diet confusion meal spacing meal replacement and strategic snacking Now in Dr Ian's first ever cookbook he's deliciously answering the question so many of those dieters have asked Can I eat that on SHRED In THE SHRED DIET COOKBOOK you'll enjoy Midday recipes from Heavenly Cheeseburgers to Green Bean and Artichoke Stir Fry Protein rich dinners that are quick to make and satisfying to eat from Cheese packed Chicken Breasts to Seared Mustard Pork Chops and Cider braised Onions Side dishes from Crispy Sweet Potato Wedges with Ginger Soy Glaze to Creamy Polenta Snack preparations so simple and so good you'll want to plan a party around them Carb recipes that make them count including pancakes potatoes and pastas Southern specialties and recipes from Dr Ian's family from Dr Ian's Sweet Barbecue Steaks to Uncle Johnny's Black eyed Pea Salad to Ma's Eggplant Parmesan Complete nutritional information and portioning for each recipe Over 35 all new recipes for meal replacing smoothies and soups **Little Folks**, 1899

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