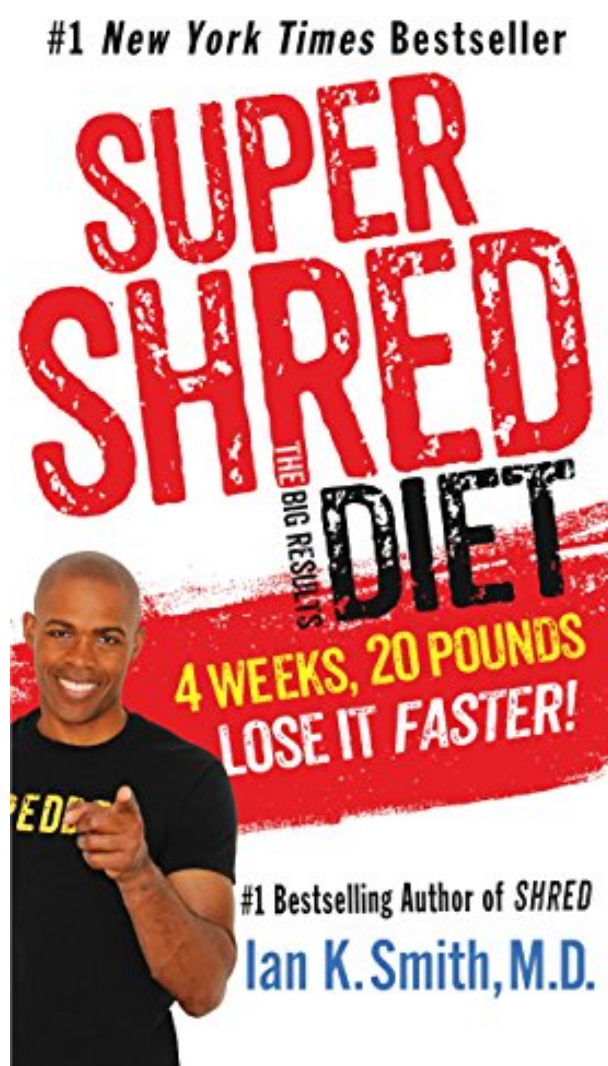


SUPER SHRED: THE BIG RESULTS DIET: 4 WEEKS, 20 POUNDS, LOSE IT FASTER! BY IAN K. SMITH M.D.



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#1 *New York Times* Bestseller

SUPER SHRED

THE BIG RESULTS

DIET



**4 WEEKS, 20 POUNDS
LOSE IT FASTER!**

#1 Bestselling Author of *SHRED*

Ian K. Smith, M.D.

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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

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About the Author

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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!

This edition of the book is the deluxe, tall rack mass market paperback.

- Sales Rank: #4862 in Books
- Published on: 2017-01-03
- Released on: 2017-01-03
- Original language: English
- Dimensions: 7.51" h x .84" w x 4.21" l, .0 pounds
- Binding: Mass Market Paperback
- 304 pages

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Most helpful customer reviews

475 of 502 people found the following review helpful.

Super Shred worked for me

By David Humble

Yesterday was my last day on Super Shred. I completed the 4 weeks and below are my results.

Day 1 (02/10/14) - 331.4 lbs

Day 2 - 328.6

Day 3 - 324.8

Day 4 - 323

Day 5 - 322.4

Day 6 - 321.8

Day 7 - 319.8

Day 8 - 318.6

Day 9 - 317

Day 10 - 317.6

Day 11 - 316.4

Day 12 - 316

Day 13 - 314.8

Day 14 - 314.2

Day 15 - 313.2

Day 16 - 313.6

Day 17 - 313.4

Day 18 - 312.2

Day 19 - 312

Day 20 - 309.2

Day 21 - 308.2
Day 22 - 307.8
Day 23 - 307.8
Day 24 - 307.2
Day 25 - 306
Day 26 - 304.8
Day 27 - 305.4
Day 28 - 304
Day 29 (03/10/14)- 302

I lost 29.4 pounds. My plan is to take a week off and restart the program.

6 of 6 people found the following review helpful.

I really like this diet

By Joyce O'Neill

I really like this diet. You get a big variety and you eat often. The only issue is trying to stick to certain eating times. I'm retired so it worked well for me. It could be an issue with your work schedule. I lost 16 pounds in the 4 weeks which is amazing considering my age and some of my exercise limitations.

4 of 4 people found the following review helpful.

Good program that must be followed for success. It works

By N. Roosevelt

I have been on this diet for several weeks and have progressed to the Revolutionary Shred diet. I have lost over 20 lbs. my weight loss is lower because I cannot exercise this time. I would recommend this to anyone who is serious about losing weight.

See all 1041 customer reviews...

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