

Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster!

By Ian K. Smith M.D.

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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!

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Editorial Review

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

"Week 2 day 3. Lots of energy. Down 5 pounds already!"--Maggie

"Got my measurements taken today and I was down 1/4 inch in all areas, even my trouble spot arms! Body fat percentage was slightly down too."--Nicole

"I started Shredding twenty days ago. I've lost a total of 10 lbs. I don't miss all the junk food and fast foods I used to eat. I'm never hungry on the "Shre"d diet. This is the lifestyle change I truly needed."--Karen

About the Author

IAN K. SMITH is the author of the no. 1 *New York Times* Bestsellers *SHRED: THE REVOLUTIONARY DIET*, and *SUPER SHRED: The Big Results Diet*. He is a co-host of the Emmy winning daytime talk show, *The Doctors*.

Dr. Smith served as the medical/diet expert for six seasons on VH1's highly-rated *Celebrity Fit Club*, and is the founder of two major national health initiatives?the 50 Million Pound Challenge and the Makeover Mile?that have helped millions of people lose weight and improve their health.

A graduate of Harvard, Columbia, and the University of Chicago's Pritzker School of Medicine, Smith was appointed by President Obama in 2010 to the President's Council on Fitness, Sports, and Nutrition.

Users Review

From reader reviews:

David Waymire:

The book Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster! make you feel enjoy for your spare time. You can utilize to make your capable considerably more increase. Book can to become your best friend when you getting tension or having big problem with the subject. If you can make looking at a book Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster! being your habit, you can get much more advantages, like add your capable, increase your knowledge about several or all subjects. You may know everything if you like start and read a e-book Super Shred: The Big Results Diet: 4 Weeks, 20 Pounds, Lose It Faster!. Kinds of book are several. It means that, science guide or encyclopedia or some others. So , how do you think about this reserve?

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Viola Ball:

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