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James Stoppani

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Super Shred Diet Recipes Jenny Dawson,2014-04-13 What You Will Find In This BookFifty delicious “super SHRED” diet recipes that will make the whole program seem even more amazing and easier to follow. The recipes are grouped in five categories according to their main ingredient. These include chicken, beef, lamb, seafood, and vegetables. Super SHRED diet plan is the next generation fast weight loss program designed by Dr. Ian Smith, a world-renowned physician, researcher, and bestselling author. SUPER SHRED diet plan allows you to quickly get in shape within weeks, without compromising the

integrity of your body. The central component of the super SHRED diet plan is its flexibility. It lays a plan of action, the timings of food intake, the important foods that must be taken, and the foods that are not allowed. How you cook them is left completely to you. The 50 different recipes that you will find in this report have been selected or designed to keep you EXACTLY ON TRACK with the super SHRED diet plan. Henceforth, you can lose weight, get in shape, and remain healthy without compromising on your sense of taste.

Super Shred Diet Recipes Ready in 30 Minutes - 74 Mouthwatering Main Courses, Stews and Smoothie Recipes Inside! Sharon Stewart,2014-07-10 Want To Shed 20lbs In Just 4 Weeks From Now? The Super SHRED Diet Recipes Ready In 30 Minutes guide is designed to help you jumpstart your rapid weight loss adventure right away. And why do Dr. Oz and so many people subscribe to the Super SHRED Diet? Because: It's safe and easy to follow at home, at work, or on the road It simply works -- It tricks your metabolism into burning more calories naturally and almost effortlessly That's how it enabled a group of people to shed an average of 20 pounds in just four weeks... and now, here's your chance to put this diet to work for YOU right away! Introducing The Super SHRED Diet Recipes Ready In 30 Minutes Guide... Inside, you'll get the 74 Step-By-Step Mouthwatering Recipes -- this includes recipes for main courses (breakfast, lunch and dinner), soups and stews, snacks, fruit smoothies and protein shakes -- ready to be served in just 30 minutes or less. PLUS, you will also receive the Super Shred Diet Crash Course For Beginners and the 7-Day Sample Meal Template to further turbocharge your weight loss, starting in just minutes from now. To Get Started, Simply Scroll Up & Grab Your Copy of the Super SHRED Diet Recipes Ready In 30 Minutes Now!

Super Shred Diet Terence Rodefer,2021-09-08 A cutting diet, also sometimes referred to as shredding, aims to help someone lose fat and maintain muscle. Bodybuilders and fitness enthusiasts typically use the cutting diet as a short-term program before an event, competition, or as part of their training plan. Do not think that you have sacrificed your enjoyment of food by giving up meals. Chances are, there are meals you enjoyed eating and you get to stick to the weekly dieting plans. You can substitute them with a variety of dishes ranging from blueberry pancakes, banana berry smoothies to broccoli chicken and cauliflower soup. There are ample choices for those who want to stick strictly to the 6 Week Shred diet plan.

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