



# **My Super Shred Diet Cookbook: Over 50 All-New, Delicious and Healthy Recipes, To Help You Stay on the Shred Diet**

*Andry Brown*

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We Recommend this for Shred Dieters

Today only, get this bestselling book for just \$9.95. Before the price shoots back up to \$19.99. and Get in Shape

Super Shred diet: The Big Results Diet, by Dr. Ian Smith has proven to be a very successful rapid weight-loss plan which helps dieter's loss 20 pounds in 4 weeks. You would follow a specific four-week eating plan, including some days where the calorie count is about 1,600, and other days where it is 900.

The Doctors plan includes specific grocery lists and meal plans. It is recommended that you do about 40 minutes or more of high-intensity interval aerobic exercise a day.

The tips for losing weight fast and keeping it off is by; snacking strategically, Performing High-intensity interval training exercise, Sliding nutrient density, Calorie disruption, Healthy meal replacement.

My Super Shred Diet Cookbook is A Well Packed Recipe Book That Would Help You stick to the super shred diet program. Enjoy this Over 50 all-new delicious and healthy recipes, while you lose weight fast and keep it off.

What you'll be Getting From This Book...

- Best Recipes For **The Foundation Phase**
- Best Recipes For **The Accelerated Phase**
- Best Recipe For **The Shape Phase**
- Best Recipe For **The Tenacious Phase**
- Bonus Recipes...

What are you waiting for...?

**Scroll up now and get your Super Shred Diet Recipes today and really make sure you stick to it with ease, to achieve big Result.**

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not at all of book usually are make you bored, any it makes you feel happy, fun and relax. Try to choose the best book for you and try to like reading that.

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