



Fast Metabolism Diet Recipes vs. Super Shred Diet: 2-in-1 Box Set with 105 Recipes for Body Cleanse, Fat Detox, Flawless Metabolism and FAST Weight Loss in 28 Days!

By Olivia Gonzalez

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Well edited, professionally proofread, and, in strict compliance with the standard regimen proposed by Dr. Ian Smith and Dr. Haylie Pomroy.

Super Shred Diet Recipes

(60+ Proven Delicious & Healthy Shred Recipes for Your 4 Weeks FAST Weight Loss)

Now Revised and thoroughly edited by an expert editor (September, 2014)

Dr. Ian Smith says, “What many people don’t realize is that by just cutting down as little as 20 percent of their intake for every meal they can lose significant amount of their weight”.

The Super Shred Diet is a healthy weight loss lifestyle that will HELP you lose weight faster than OTHER diets. Simply, and truly, this diet plan produces non-exaggerated results for SHREDDERS.

If no weight loss diet or program has ever worked for you in times past, why not try your Super Shred Diet. Its recipes are cheap, delicious and healthy.

The Super Shred Diet lifestyle is easy to adopt and follow.

SUPERBLY shred diet those weights away!

INSIDE THIS COOKBOOK YOU WILL FIND

Avoid Corn-rich foods by eating Corn-free foods; recipes and cooking methods of such foods are provided.

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