

dr ian smith super shred diet plan

Dr Ian Smith Super Shred Diet Plan: Unlocking Sustainable Weight Loss and Vitality

dr ian smith super shred diet plan has become a popular topic among those seeking an effective and sustainable way to shed unwanted pounds without sacrificing energy or nutrition. Designed by Dr. Ian Smith, a renowned family physician and wellness expert, the Super Shred diet focuses on a blend of balanced nutrition, portion control, and strategic meal planning to help individuals achieve lasting weight loss and improve overall health. If you're curious about how this diet works and whether it might be right for you, this comprehensive guide will walk you through everything you need to know.

What Is the Dr Ian Smith Super Shred Diet Plan?

At its core, the Dr Ian Smith Super Shred diet plan is a structured eating approach that emphasizes whole foods, lean proteins, healthy fats, and low-glycemic carbohydrates. Unlike fad diets that promise quick fixes but are unsustainable, the Super Shred plan aims to recalibrate your metabolism and support fat burning while maintaining muscle mass and energy levels.

Dr. Ian Smith developed this diet with a focus on real food choices and practical strategies that fit into everyday life. It's not about starving yourself or cutting out entire food groups but learning how to balance meals and snacks to optimize weight loss and overall well-being.

How the Super Shred Diet Differs from Other Diets

What sets the Super Shred apart is its emphasis on metabolic flexibility — teaching your body to efficiently switch between burning carbohydrates and fats for fuel. This approach not only promotes fat loss but also stabilizes blood sugar levels, reducing cravings and energy crashes common in many other diet plans.

Additionally, the plan incorporates intermittent fasting windows and nutrient timing, which have gained popularity for their role in improving metabolic health. However, Dr. Ian Smith ensures these elements are adaptable, so the diet remains accessible and sustainable.

Key Components of the Dr Ian Smith Super Shred Diet Plan

Understanding the main pillars of the Super Shred diet will help you implement it effectively.

Balanced Macronutrients

The diet encourages a balance of macronutrients tailored to support fat loss without muscle

depletion:

- **Lean Proteins:** Chicken breast, turkey, eggs, fish, and plant-based proteins help preserve muscle and promote satiety.
- **Healthy Fats:** Avocados, nuts, seeds, olive oil, and fatty fish provide essential fatty acids that support hormone balance and brain health.
- **Low-Glycemic Carbohydrates:** Vegetables, some fruits (like berries), and whole grains are preferred for steady energy release.

This balance helps keep insulin levels stable, a critical factor for fat loss and metabolic health.

Portion Control and Meal Timing

The Super Shred plan emphasizes portion control to avoid overeating while allowing enough food to keep metabolism active. Meals are spaced to support intermittent fasting principles, typically involving a 16:8 fasting-to-eating window, though this can be adjusted to fit individual lifestyles.

Dr. Smith highlights the importance of eating nutrient-dense meals during the eating window and avoiding late-night snacking, which can disrupt metabolic processes and hinder fat loss.

Hydration and Supplementation

Staying hydrated is a cornerstone of the Super Shred diet. Water supports digestion, toxin elimination, and metabolic efficiency. The plan often recommends drinking water infused with lemon or herbal teas to enhance detoxification.

While the diet focuses on whole foods, Dr. Smith also suggests certain supplements to support fat loss and overall health, such as omega-3 fatty acids, vitamin D, and probiotics, especially if dietary intake is insufficient.

Benefits of Following the Super Shred Diet Plan

Many people report a variety of benefits after adopting the Dr Ian Smith Super Shred diet plan beyond just weight loss.

Effective Fat Loss with Muscle Preservation

Unlike many calorie-restrictive diets that can lead to muscle loss, the Super Shred plan's balanced approach helps maintain lean muscle mass, which is vital for long-term metabolism and strength.

Improved Energy and Mental Clarity

By stabilizing blood sugar and including healthy fats, many followers experience sustained energy levels and better focus throughout the day, reducing the mid-afternoon slumps common with high-carb or sugary diets.

Flexibility and Sustainability

One of the biggest challenges with dieting is adherence. The Super Shred plan's flexible approach to intermittent fasting and food choices allows individuals to tailor it to their preferences and schedules, making it easier to stick with long-term.

How to Get Started with the Dr Ian Smith Super Shred Diet Plan

Starting a new diet can feel overwhelming, but breaking it down into manageable steps makes the process smoother.

Step 1: Clean Out Your Pantry

Remove processed foods, sugary snacks, and refined carbohydrates that can trigger cravings and blood sugar spikes. Stock up on whole foods aligned with the Super Shred principles.

Step 2: Plan Your Meals and Eating Window

Decide on an eating window that fits your daily routine, such as 12 pm to 8 pm, and plan meals that include lean proteins, veggies, and healthy fats. Preparing meals ahead of time can prevent last-minute unhealthy choices.

Step 3: Focus on Hydration

Aim for at least 8 cups of water daily. Drinking water before meals can also help control appetite.

Step 4: Incorporate Physical Activity

While nutrition is key, combining the Super Shred diet with regular exercise enhances fat burning and muscle preservation. Dr. Smith recommends a mix of cardio and strength training tailored to your fitness level.

Common Challenges and Tips for Success

Like any lifestyle change, some hurdles may arise when following the Super Shred diet plan.

Managing Hunger During Fasting

If you're new to intermittent fasting, hunger pangs can be challenging at first. Drinking herbal tea, staying busy, and focusing on high-protein meals during eating windows can help curb cravings.

Dealing with Social Situations

Eating out or attending social gatherings might tempt you to stray from the plan. Planning ahead by checking menus, bringing healthy snacks, or allowing occasional treats without guilt can maintain balance.

Tracking Progress Without Obsession

While monitoring weight and measurements can motivate, it's important not to become fixated on the scale. Pay attention to how your clothes fit, energy levels, and overall well-being as indicators of success.

Who Should Consider the Dr Ian Smith Super Shred Diet Plan?

This diet can be especially beneficial for adults looking to lose weight safely, improve metabolic health, or break through weight loss plateaus. Because it emphasizes whole foods and balanced nutrition, it's suitable for a wide range of individuals, including those managing blood sugar or insulin resistance.

However, as with any diet that includes intermittent fasting or significant changes in eating patterns, it's wise to consult a healthcare provider if you have underlying health conditions, are pregnant, or have a history of eating disorders.

Incorporating Lifestyle Habits for Long-Term Success

One of the reasons the Dr Ian Smith Super Shred diet plan stands out is its holistic approach. Weight loss is not just about what you eat but also how you live.

Prioritize Sleep

Quality sleep supports hormone balance and appetite regulation. Establishing a consistent sleep routine complements the metabolic benefits of the Super Shred diet.

Manage Stress

Chronic stress can sabotage weight loss efforts by increasing cortisol levels, which promote fat storage. Mindfulness practices, meditation, or gentle exercise like yoga can be powerful allies.

Stay Consistent but Flexible

Life happens, and occasional deviations from the plan are normal. The key is to return to healthy habits without guilt and maintain a mindset focused on progress, not perfection.

Exploring the Dr Ian Smith Super Shred diet plan offers a refreshing alternative to restrictive dieting. By combining balanced nutrition, smart meal timing, and lifestyle tweaks, it empowers you to achieve sustainable fat loss and enhanced vitality without sacrificing enjoyment or energy. Whether you're just starting your weight loss journey or seeking a more balanced approach, this plan's adaptable framework might be the key to unlocking your healthiest self.

Frequently Asked Questions

What is the Dr. Ian Smith Super Shred Diet Plan?

The Dr. Ian Smith Super Shred Diet Plan is a weight loss program designed by Dr. Ian Smith that combines a low-calorie, high-protein diet with regular exercise to help individuals burn fat and lose weight efficiently.

How does the Super Shred Diet Plan work?

The Super Shred Diet Plan works by promoting fat burning through a combination of metabolism-boosting foods, portion control, and a structured exercise routine to maximize calorie burn and preserve muscle mass.

What types of foods are allowed on the Super Shred Diet?

The diet emphasizes lean proteins, whole grains, fruits, vegetables, and healthy fats while limiting processed foods, sugars, and high-carb items to support fat loss and overall health.

How long does the Super Shred Diet Plan typically last?

The Super Shred Diet is typically followed for about 6 weeks, during which participants can expect to

lose a significant amount of weight if they adhere to the diet and exercise guidelines.

Is the Super Shred Diet Plan safe for everyone?

While generally safe for most people, individuals with underlying health conditions or those who are pregnant should consult a healthcare professional before starting the Super Shred Diet Plan.

What kind of exercise is recommended with the Super Shred Diet?

The plan recommends a mix of cardio, strength training, and high-intensity interval training (HIIT) to enhance fat burning and build lean muscle.

Can the Super Shred Diet Plan be customized for vegetarians or vegans?

Yes, the diet can be adapted to vegetarian or vegan preferences by substituting animal proteins with plant-based protein sources like beans, lentils, tofu, and tempeh.

What are the main benefits of following the Super Shred Diet Plan?

Key benefits include rapid fat loss, improved metabolism, increased energy levels, muscle preservation, and healthier eating habits.

Additional Resources

Dr Ian Smith Super Shred Diet Plan: A Comprehensive Review

dr ian smith super shred diet plan has gained considerable attention in recent years as a promising approach to weight loss and metabolic health. Developed by Dr. Ian Smith, a renowned physician and wellness expert, this diet aims to accelerate fat burning by combining strategic nutrition with intermittent fasting principles. As millions seek effective and sustainable methods to shed excess pounds, the Super Shred Diet Plan offers a structured regimen that warrants a detailed examination.

Understanding the Foundations of the Super Shred Diet Plan

At its core, the Dr Ian Smith Super Shred Diet Plan is designed to enhance the body's natural fat-burning mechanisms through careful calorie and macronutrient management. Unlike conventional diets that focus solely on calorie restriction, Super Shred emphasizes the timing of meals and the quality of foods consumed. It integrates intermittent fasting, particularly the 16:8 method, where individuals fast for 16 hours and eat within an 8-hour window, purportedly optimizing metabolic

function.

The diet is segmented into phases, each with specific goals and guidelines. These phases encourage the consumption of lean proteins, healthy fats, and low-glycemic carbohydrates while minimizing processed foods and sugars. By doing so, the plan aims to stabilize blood sugar levels, reduce insulin spikes, and promote sustained energy throughout the day. This multifaceted approach differentiates the Super Shred Diet from other popular weight loss protocols.

Key Components and Nutritional Guidelines

The Super Shred Diet Plan prioritizes nutrient-dense foods that support fat loss and overall health. The emphasis is on:

- **Lean Proteins:** Chicken breast, turkey, fish, and plant-based proteins to maintain muscle mass during weight loss.
- **Healthy Fats:** Sources such as avocados, nuts, seeds, and olive oil to aid satiety and support hormonal balance.
- **Low-Glycemic Carbohydrates:** Vegetables, whole grains, and legumes that provide fiber and help regulate blood sugar.
- **Intermittent Fasting:** Encouraging a fasting period daily to enhance fat oxidation and improve insulin sensitivity.

One distinctive feature of Dr Ian Smith's approach is the incorporation of small, frequent meals within the eating window to prevent overeating and maintain metabolic momentum. The plan also discourages refined sugars, processed snacks, and high-calorie beverages, aligning with evidence-based nutritional principles.

Comparing Super Shred to Other Popular Diet Plans

When placed alongside other trending diets such as keto, paleo, or Mediterranean, the Super Shred Diet Plan offers a unique blend of intermittent fasting and balanced macronutrients without extreme carbohydrate restriction. Unlike ketogenic diets that can be restrictive and challenging to sustain, Super Shred allows for moderate carbohydrate intake from quality sources, making it potentially more adaptable for a broader audience.

Moreover, the integration of intermittent fasting is a growing trend backed by scientific research highlighting benefits in weight management and metabolic health. However, Super Shred differentiates itself by coupling fasting with a specific nutritional framework, rather than fasting alone. This combination may enhance fat loss outcomes while preserving lean body mass.

Effectiveness and Potential Benefits

Several anecdotal reports and preliminary studies suggest that the Super Shred Diet Plan can facilitate significant reductions in body fat when adhered to consistently. Some of the notable benefits include:

- **Accelerated Fat Loss:** The fasting periods trigger lipolysis, enabling the body to utilize stored fat for energy.
- **Improved Insulin Sensitivity:** Stabilizing blood sugar through diet and fasting reduces the risk of type 2 diabetes.
- **Muscle Preservation:** Adequate protein intake supports muscle retention during calorie deficit phases.
- **Enhanced Energy Levels:** Balanced meals and fasting cycles may improve mental clarity and reduce energy crashes.

While individual results vary, the structured nature of the plan provides clear guidance, which can be advantageous for those who struggle with vague or overly permissive diet strategies.

Critiques and Limitations

Despite its promising framework, the Dr Ian Smith Super Shred Diet Plan is not without criticisms. Some nutrition experts caution that intermittent fasting, especially for prolonged periods, may not suit everyone, including individuals with certain medical conditions or those prone to disordered eating behaviors. The restriction of eating windows can sometimes lead to overeating or nutrient deficiencies if not carefully managed.

Additionally, the diet's reliance on lean proteins and low-glycemic carbs may require significant meal planning and preparation, which could pose challenges for individuals with busy lifestyles or limited access to fresh foods. The absence of detailed scientific trials specifically validating the Super Shred protocol means that much of its efficacy is based on theoretical benefits and user testimonials rather than robust clinical evidence.

Implementing the Super Shred Diet Plan Safely and Effectively

For those interested in adopting the Super Shred Diet Plan, a gradual introduction is advisable. Starting with shorter fasting windows and progressively increasing fasting duration can help the body adjust to new eating patterns without undue stress. Monitoring hydration and electrolyte balance is crucial, particularly during fasting phases, to avoid fatigue or dizziness.

Incorporating regular physical activity complements the diet's fat-burning goals. Resistance training and cardiovascular exercises can enhance metabolic rate and promote muscle preservation, aligning with Dr Ian Smith's emphasis on holistic wellness.

Sample Daily Meal Structure

A typical day on the Super Shred plan might look like this:

1. **Fasting Period:** From 8 p.m. to 12 p.m. the next day.
2. **Meal 1 (12 p.m.):** Grilled chicken salad with mixed greens, avocado, and olive oil dressing.
3. **Snack (3 p.m.):** Handful of almonds and a small apple.
4. **Meal 2 (7 p.m.):** Baked salmon with steamed broccoli and quinoa.

This schedule respects the 16:8 intermittent fasting model while providing balanced macronutrients to support sustained energy and fat loss.

The Role of Behavioral and Lifestyle Factors

Dr Ian Smith's Super Shred Diet Plan also integrates behavioral strategies to foster long-term success. Emphasis is placed on mindful eating, stress management, and adequate sleep—factors that significantly influence weight regulation but are often overlooked in diet plans. By adopting a comprehensive lifestyle approach, the program aims not only to induce short-term fat loss but also to encourage sustainable habits.

Incorporating these elements aligns with current nutritional psychology research, which suggests that lifestyle modifications often yield more durable results than diet alone. The Super Shred Diet Plan's holistic focus could therefore be a key to its appeal and effectiveness.

In summary, the Dr Ian Smith Super Shred Diet Plan represents a modern and structured approach to weight loss, combining intermittent fasting with nutrient-focused eating. While it offers several advantages such as improved insulin sensitivity and fat oxidation, it also demands careful adherence and may not be suitable for everyone. As with any diet, prospective users should consider personal health conditions and consult healthcare professionals before embarking on the regimen. Nonetheless, its blend of science-backed principles and practical guidance makes it a noteworthy option within the crowded landscape of weight management programs.

Dr Ian Smith Super Shred Diet Plan

dr ian smith super shred diet plan: Super Shred: The Big Results Diet: 4 Weeks 20 Pounds Lose It Faster! By Ian K. Smith...Summarized J.J. Holt, 2014-03-11 This is a Summary of Super Shred: The Big Results Diet: 4 Weeks 20 Pounds Lose It Faster! By Ian K. Smith...Summarized By J.J. Holt

dr ian smith super shred diet plan: Super Shred: The Big Results Diet Ian K. Smith, M.D., 2013-12-31 Super Shred, the diet that works faster and forever! 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 is 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!

dr ian smith super shred diet plan: Super Shred Diet Recipes Jenny Dawson, 2014-04-13 What You Will Find In This Book Fifty 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.

dr ian smith super shred diet plan: My Super Shred Diet Cookbook Andry Brown, 2014-03-01 My Super Shred Diet Cookbook: Over 50 All-New, Delicious and Healthy Recipes, To Help You Stay on the Shred Diet 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.

dr ian smith super shred diet plan: Weight Watchers Steve Taylor, Weight Watcher, Super Shred Diet Book, 2014-10-01 I am a Personal Development Coach and a trained psychotherapist specializing in weight loss and healthy dieting. “Wish I knew a way to lose 30 pounds in 30 days”

You might have asked this question repeatedly. Your problem will come to a halt after you have applied the instruction in this book. If you follow religiously to Dr. Ian Smith Super Shred: The Big Results Diet book and some of the super food recipes outlined in this book. You are going to be seeing results in 1 week, because it proven to work. THE 7DAY-7LBS WEIGHT WATCHER COOKBOOK FOR A SIMPLE START is a collection of mouth-watering recipes that are low in calories, and Would Help You Lose Weight Get Your Copy Now To Get Started

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dr ian smith super shred diet plan: *The Shred Diet Cookbook* Ian K. Smith, M.D., 2015-03-03 Can I eat that on SHRED? Hundreds of thousands have lost extraordinary amounts of weight on Dr. Ian K. Smith's SHRED programs, using his proven killer combo of diet confusion, meal spacing, meal replacement and strategic snacking. Now, in Dr. Ian's first-ever cookbook, he's deliciously answering the question so many of those dieters have asked: Can I eat that on SHRED? In THE SHRED DIET COOKBOOK, you'll enjoy: -Midday recipes: from Heavenly Cheeseburgers to Green Bean and Artichoke Stir Fry -Protein-rich dinners that are quick to make and satisfying to eat: from Cheese-packed Chicken Breasts to Seared Mustard Pork Chops and Cider-braised Onions -Side-dishes: from Crispy Sweet Potato Wedges with Ginger-Soy Glaze to Creamy Polenta -Snack preparations so simple and so good you'll want to plan a party around them -Carb recipes that make them count, including pancakes, potatoes, and pastas -Southern specialties and recipes from Dr. Ian's family: from Dr. Ian's Sweet Barbecue Steaks to Uncle Johnny's Black-eyed Pea Salad to Ma's Eggplant Parmesan-Complete nutritional information and portioning for each recipe -Over 35 all-new recipes for meal-replacing smoothies and soups

dr ian smith super shred diet plan: Weight Watcher: Davis Powell, 2015-09-26 Do you knew that you can lose shred lots of fat in just 7days Your problem will come to a halt after you have applied the instruction in this book. If you follow religiously to Dr. Ian Smith Super Shred: The Big Results Diet book and some of the super food recipes outlined in this book. You are going to be seeing results in 60 DAYS, because it proven to work. THE WEIGHT WATCHERS: A 7Days Shred Fat Fast Diet Plan for a Simple Start: An Ultimate Guide to the Super Shred Diet plus a Diet Plan to

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dr ian smith super shred diet plan: Shred Diet Recipes Made Simple Betty Johnson, 2014-06-25 Are you on Super Shred diet and too lazy to cook? This Shred Diet Recipes Made Simple cookbook contains 50 surprisingly simple Shred Diet recipes you can prepare and cook on the same afternoon. The recipes follow Ian K. Smith's meals guidance in his famous Shred: The Revolutionary Diet book. They are designed so you can mix and match them according to the Week 1 to Week 6 diet cycle 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. This way, you will never get bored of eating the same meal over and over again. This reinforces your habit of sticking to the diet to a healthier you. Give this book a try. Shred Diet cooking can really be made simple, even if you are total novice at cooking!

dr ian smith super shred diet plan: Surprisingly Simple Super Shred Diet Recipes for Lazy People Phillip Pablo, 2014-05-20 Are you on Super Shred diet and too lazy to cook? This recipes book contains surprisingly simple Super Shred Diet recipes you can prepare and cook on the same afternoon. In other words, it is so simple, even your lazy ass can cook! The recipes follow Ian K. Smith's meals guidance in his famous 2013 Super Shred Diet book. They are designed so you can mix and match them according to the Week 1 to Week 4 diet 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 pork chops, grilled chicken, shrimp to mussels and minced beef. There are ample choices for those who want to stick strictly to Super Shred diet. This way, you will never get bored of eating the same meal over and over again. This reinforces your habit of sticking to the diet to a healthier you. Give this book a try. Super Shred diet cooking can be painless, even for your lazy ass!

dr ian smith super shred diet plan: Super Shred Diet Recipes John McDonalds, Super Shred, 2014-05-01 Note: This Book is Authored By John Mcdonald, a Successful Nutritionist and Not in any way Related To the Original Book, This is Just an Accompany Book. Super Shred Diet Recipes: 61 Easy-to-cook Healthy Recipes To Help you Lose weight FAST in 4weeks. (it starts with food- whole and healthy foods) We Recommend this for Those on Shred Diet and whole 30 Today only, get this bestselling book for just \$9.99. Before the price shoots back up to \$15.99. Read on your PC, Mac, smart phone, tablet, or Kindle The Super Shred Diet has been voted as one of the best out there for losing weight and dropping your clothing size. The results are really amazing and would help you shred pounds in 4 weeks if followed religiously. The health benefits of shred diets are endless, and it's already one of the bestselling diets. John McDonalds has cooked up these great recipes with lots of varieties to choose from to help you with every phase in the diet, so you're not struggling with what to eat and when. it starts with food- whole foods After a brief introduction about the Super Shred Diet, John gets straight into the recipes for the phases in the order that you go through them. starting with foods that are whole and healthy With 61 easy-to-cook healthy recipes AND OVER 20 BONUS FIGS & PIZZAS Recipes, you can't go wrong. Enjoy this Delicious meals while you shred those extra Pound F.A.S.T These are what you would find in the BONUSES... • Delicious Pizza

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dr ian smith super shred diet plan: Shred Ian K. Smith, 2013 America's #1 Diet book shreds the fat with a unique six-week program. Shred is the revolutionary diet taking the US by storm. Dr Ian K. Smith created Shred while working with people whose weight had plateaued and who were struggling to lose those last stubborn pockets of fat. Using techniques such as meal spacing, strategic exercise, meal replacement and 'diet confusion', which involves varying the type and amount of food on offer, Dr Ian has developed a formula that shocks the metabolism into speeding up, resulting in weight losses of, on average, 10 kilograms over the diet's six-week cycle. Adapted for the Australian market, Shred: The Revolutionary Diet takes readers through the program, week by week, and is packed with eating plans, exercise advice and delicious recipes. The recommended food is inexpensive, tasty and can be found in any supermarket. What's more, the plentiful four-meals, three-snacks a day program keep hunger at bay and gives dieters the energy needed to achieve effective and permanent weight loss.

dr ian smith super shred diet plan: Get Ready to Shred Ian K. Smith, M.D., 2012-11-20 Dr. Ian K. Smith's Get Ready to Shred is the key to jumpstarting significant and permanent weight loss. If you've asked yourself: how to lose that last twenty pounds? How to push through that frustrating plateau? What to do when nothing else is working? Then, you need to know about SHRED - Dr. Ian K Smith's revolutionary diet. And Get Ready to Shred is your chance to try out the first 2 weeks (recipes, exercises, tips & tricks & more) of the diet. With the SHRED diet, Smith, author of The Fat Smash Diet, has created a program that uses all he knows about strategic dieting in one plan--like putting all the best players on the field at once to create a can't lose combination. SHRED combines a low GI diet, meal spacing, and meal replacements. Those who follow SHRED will be eating often (every three and a half hours!)-four meals or meal replacements (soups, smoothies, shakes) and 3 snacks a day. SHRED also introduces Dr. Ian's concept of Diet Confusion. Diet Confusion, like muscle confusion, tricks the body and revs up its performance. In the same way you need to vary your workout to see results, you'll switch up your food intake to boost your metabolism. No matter how often or how unsuccessfully you've dieted before, SHRED will change your life. So, dip into Get Ready to Shred (or the full diet in SHRED) and get started on the diet has taken the internet by storm - inspiring thousands to join Dr. Ian's Shredder Nation, losing five or more pounds in the first week! Take the first steps to a new way of life!

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