

The Diet that Delivers Big, Permanent Results from the  
#1 Bestselling Author of THE FAT SMASH DIET

# SHRED

## REVOLUTIONARY DIET



6 WEEKS  
4 INCHES  
2 SIZES

Ian K. Smith, M.D.

# Dr Ian Smith Shred Diet Review

**Jenny Dawson**



## **Dr Ian Smith Shred Diet Review:**

*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 that 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. **Shred Diet Made Simple** Betty

Johnson, 2013-09-26 Switching to a heart healthy diet may not sound appealing at first, but there are many ways that you can substitute foods in your diet so you can stay healthy and still enjoy the foods that you eat. By substituting foods high in cholesterol and fat for healthier options, you can have a positive impact on your heart health. Before you pick up that next bacon cheeseburger, consider these quick and easy food substitutions that will be kind on your heart and your waistline. *Shred Diet Made Simple: Concise Guide to Ian K Smith's Six Week Cycle Diet Plan* by Betty Johnson is a perfect start to living a healthy lifestyle by eating the right foods. The book looks on foods such as ground chicken and turkey. You can substitute ground chicken or ground turkey for recipes that call for ground beef, which will lower your calorie and fat intake for any meal. Turkey and chicken can actually enhance the flavor of some dishes by allowing you to taste the actual seasoning instead of the grease that comes with ground beef. If you are at a restaurant, try ordering a turkey burger or grilled chicken sandwich instead of a hamburger. [Super Shred: The Big Results Diet](#) Ian K. Smith, Ian Smith, 2013-12-31 The four week super

charged plan from 1 bestselling diet book author Dr Ian Smith. *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 **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 *Shred: The Revolutionary Diet* Ian K. Smith, M.D.,2012-12-24 Which diet can you go on when nothing else is working Ian K Smith M D 1 bestselling author and diet guru has created a revolutionary 6 week plan that combines meal spacing snacking meal replacement strategic exercise and diet confusion SHRED will rev up your body s performance boost metabolism and shred excess weight permanently SHREDDERS who have reached their goal weight and stayed there know that SHRED is a diet that never leaves you hungry some say there s almost too much to eat You can SHRED at home or on the road and customize SHRED to fit your specific weight loss goals SHRED sets you up for a lifetime of thin Includes 30 meal replacement recipes **The Fat Smash Diet** Ian K. Smith, M.D.,2006-04-04 Dr Smith s diet has been featured on VH1 s number one rated show Celebrity Fit Club where Hollywood celebrities follow his customized diet plan and compete to lose weight Now with The Fat Smash Diet everyone will have access to the revolutionary eating plan that leads to lifestyle changes and permanent weight loss forever The Fat Smash Diet is not a gimmick or short term fix It is a four phase diet that starts out with a natural detox phase to clean impurities out of the system Once this nine day phase is completed the next three phases encourage the addition of everyday foods that promote significant weight loss In just thirty days most dieters will complete all four phases and be on their way to a thinner lifetime of good health Best of all there is no calorie counting and Dr Smith guarantees there never will be As an added bonus there are over fifty easy to cook tasty recipes that make it easier to stick with Dr Smith s plan The Fat Smash Diet is unlike any other program on the market In fact it s the LAST DIET YOU LL EVER NEED **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 *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 [Variety's Film Reviews](#) Bowker,Bowker Editorial Staff,1989-05 **Extreme Fat Smash Diet** Ian K. Smith, M.D.,2007-04-03 Dr Ian Smith s Extreme Fat Smash Diet is safe fast and ultra effective taking his proven weight loss system to its hard core No gimmicks no denying yourself entire categories of food like carbs no nonsense Instead Extreme Fat Smash Diet delivers quick permanent results On Extreme you ll set yourself up for losing up to 12 pounds the first 3 weeks learning your dieting profile are you an alpha beta or gamma choosing one of three cycles of dieting for three different weight loss goals 5 pounds 10 pounds and 15 pounds and up real world exercise ideas fresh recipes for quick tasty meals a schedule that allows both meals and snacks Dr Ian s tips and strategies to keep you on track a maintenance plan that s designed to stick If your dieting goal is time sensitive Extreme Fat Smash will work for you **The New York Times Film Reviews** ,1949 *Shred Diet Recipes Made Simple* Betty Johnson,2014 **The Clean 20** Ian K. Smith, M.D.,2018-04-10 New York Times bestseller From the New York Times

bestselling author of SHRED and Blast the Sugar Out the ultimate guide to clean eating What is clean eating In his newest diet book Dr Ian K Smith teaches readers the benefits of clean eating and how to implement it in their own lives He tells readers how to easily reduce unhealthy processed foods in their diets a key to weight loss disease prevention and overall health The Clean 20 focuses on twenty clean foods from avocado to whole wheat pasta and everything in between that readers can easily find prepare and incorporate into their diets The Clean 20 includes a complete clean eating program with a daily meal plan 60 recipes and substitutions as well as 20 minute easy to work in workouts Dr Ian knows what works it s not eliminating food groups but choosing foods within each group wisely to satisfy the palate and the body s nutritional demands The Clean 20 isn t just vegetables Grains are in And so is fruit fat meat and fish When palate and nutrition are in sync weight loss not only follows it sticks The Clean 20 is a life and body changer **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 Achieve Your Weight Loss Goals If you are dead broke crazy busy or totally unmotivated Fear not because this book will get you on track Are you a novice cook in need of basic pointers to lose weight Or a seasoned chef looking for new challenges Discover the best tips you need to eat smarter and healthier with simple start If you are an experienced or novice cook you will find a wealth of food information and cooking techniques to help you make the most of your food budget and create tasty recipes Healthy lifestyle begins in your kitchen That is the sole aim of writing this cookbook to show you how to have a joyful and healthy relationship when it comes to choosing the right meal to at each time of your weight plan This book will make you GET IN SHAPE AND STAY IN SHAPE **The Take-Control Diet** Ian Smith,2005-07-05 From the bestselling author of Shred GET OFF THE DIETING ROLLER COASTER NOW AND FOREVER You already know that fad diets don t work But that doesn t mean you can t lose weight Here at last is a science based diet that will give you the body you want The secret is to work with your body not against it Exploding the many diet myths on the market Dr Ian Smith gives you the knowledge you need to solve your weight problem permanently For instance did you know that eating too much protein damages your health That starvation and deprivation slow your metabolism That it is impossible to convert fat to muscle Here Dr Smith not only explains the true causes of overweight but demonstrates how metabolism and genetics factor in to weight control He shows you how to design your own eating and exercise plan to accommodate your preferences your routines and your particular weight goals The plan includes vital information on feel full foods proven strategies to optimize your metabolism effective ways to exercise that get results With a 30 day menu and exercise program customized to your needs The Take Control Diet is the last weight loss book you will ever need **Shred Diet Guide and Recipes Made**

**Simple** Betty Johnson,2014-06-27 Shred Diet Guide And Recipes Made Simple combines two books by Betty Johnson Shred Diet Made Simple and Shred Diet Recipes Made Simple In the first book Shred Diet Made Simple Betty demystifies the main concept and principles behind Ian K Smith's 6 week cycle diet plan You will learn about the general outlines of Shred Diet and types of allowable and non allowable foods In the second book Betty takes the concepts further by giving specific ingredients and recipes for each week from Week 1 to Week 6 In this cookbook you will discover 50 surprisingly simple recipes you can prepare in the same afternoon 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 [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 4 weeks 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 BONUSSES Delicious Pizza Fondue Spiced Dried Fruit And Fig Magnificent Fig Fest Monster Fig Appetizers With Goat Cheese Apple And Feta Pan Fried Pizzas Apple Pizza Pie Fontana Chicken Pesto Pizza Fig and Banana Loaf Banana Berry Brownie Pizza Black Bean Spinach Pizza Ultimate Pizza Eggs Southwestern Pumpkin Figs Pie Pepperoni Pizza Salad Valentine Quick Pizza Sandwiches Vegetarian's Delight Pizza Zucchini Crust Pizza Black Bean Pizza And SO MUCH MORE 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 [Super Shred Diet Recipes](#) John McDonalds,2014-01 Super Shred Diet Recipes 61 Easy to cook Healthy Recipes To Help you Lose weight FAST in 4 weeks Today only get this bestselling book for just 12 95 Before the price shoots back up to

16 95 And Achieve Big Results As Seen On T V We Recommend this for Super Shred Dieters Get Big Result Now Super Shred That Extra Fat This Diet Plan is Known To Produce Big Result The Super Shred Diet by Dr Ian smith has been voted as one of the best out there for losing weight shred that extra pounds 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 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 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 John McDonalds shows you in the BONUSSES Delicious Pizza Fondue Magnificent Fig Fest Monster Fig Appetizers With Goat Cheese Apple And Feta Pan Fried Pizzas Apple Pizza Pie Fontana Chicken Pesto Pizza Fig and Banana Loaf Black Bean Spinach Pizza Ultimate Pizza Eggs Southwestern Pumpkin Figs Pie Pepperoni Pizza Salad Valentine Quick Pizza Sandwiches Vegetarian s Delight Pizza Also John Has Listed the Food according to Dr Ian Smith Recommendations so you don t have to fight for recipes to achieve big result Listed in this Great Book are meals for Awake 7 30 A M Meal 1 8 30 A M Snack 1 Snack 2 10 00 A M 11 30 A M Meal 2 12 30 P M Meal 3 4 30 P M Meal 4 7 30 P M And SO MUCH MORE What are you waiting for Go to Amazon Now and get your Super Shred Diet Recipes today and really make sure you stick to it with ease to achieve big Result P S The Author is not associated to Dr Ian Smith in no way He created these Healthy Recipes for those who are on the super shred diet program and are Lost on recipe Ideas Thanks

**The Take-Control Diet** Ian Smith,2001-12-04 From the bestselling author of Shred The Take Control Diet aims to make you the expert on your body Dr Ian Smith delivers the final word on dieting for the fad weary reader who wants the truth about permanent weight loss The Take Control Diet explains the real science of how your body manages energy why crash diets and trendy programs sabotage your chances of success and how you can get off the yo yo ride forever Dr Smith offers a diet and exercise program that allows you to eat without feeling deprived or adopting an entirely specialized diet and that helps you use both anaerobic and aerobic exercise for maximum weight loss results He explains how to calculate your own individual food and exercise equation in order to lose the ideal amount of weight per week The Take Control Diet equips you with the facts so that you can approach your health and fitness goals psychologically fortified for the task Understanding common myths about dieting will give you the knowledge you need to resolve your weight issues for good Did you know that contrary to the recommendations of many popular diets eating too much protein could seriously damage your health That it is impossible to convert fat to muscle That starving yourself slows your metabolism and causes your body to store energy as fat That no foods appreciably increase your metabolism That chronic yo yo dieting makes weight loss increasingly difficult Dr Smith explains the causes of overweight the health concerns of dieting how metabolism and genetics factor in to weight



control and what you can do to work with rather than against your body's processes. Many diets dictate a program that might work if it works at all, only as long as you can adhere to radical and unnatural habits. The Take Control Diet instead equips you to design your own eating and exercise plan, one that accommodates your preferences, your daily routine, and your particular weight loss hurdles. Losing weight will not only help you look your best but also reduce your risk of heart disease, diabetes, and cancer, in addition to improving your overall energy level and ability to fight illness. Dr. Smith offers a plan based on extensive research and his personal work with patients that respects your intelligence and empowers you to win the battle with overweight. The Take Control Diet is one hundred percent free of unrealistic promises, poor science, and far-fetched gimmicks, and one hundred percent yours for life.

Discover tales of courage and bravery in is empowering ebook, **Dr Ian Smith Shred Diet Review** . In a downloadable PDF format ( PDF Size: \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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