



Super Shred for Ultimate Results: A Simple Guide to Understanding the Super Shred Diet to Lose Weight Faster Now!

Alex Grayson

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Super Shred - The big results diet

The Super Shred Diet by Dr. Ian Smith has been voted as one of the best diets for losing weight and shredding fat by eating the right foods. The shred system that never leaves you hungry with the ability of losing up to 20 pounds in just four weeks. If you are someone who wants to know how to lose weight in just a short span of time and while still being able to eat, and if you want to kick your unhealthy habits away and start living your life the right and healthy way, then you're about to discover **the beauty of the Super Shred Diet**. In fact, if you want tips on how to **understand the Super Shred Diet**, learn about the four different phases of the said diet, know what you can and cannot eat and more, then this audiobook is for you.

Here is a preview of what you'll learn:

- What Makes the Super Shred Diet Important When It Comes to Losing Weight and How Could it Help You Live a Better Life
- What Happens During Foundation, Accelerate, Shape, and Transition (The Four Phases of the Super Shred Diet), What Are the Ways of Going Through Each Week, What the Differences of the Said Weeks Are, and How Each Week Could Help You
- How Much of Each Food Product Can You Eat Each Week and During Which Time Intervals
- Which Beverages Can You Drink, and if You Can Also Eat Snacks or Drink Alcohol
- How Intermittent Fasting Works with the Super Shred Diet and How You Can Do It Right
- Which Types of Fruits, Vegetables, Meat, Fish, Soups, Salads, Snacks, Smoothies, and Other Kinds of Foods Are Allowed for Each Week of the Diet
- Other Guidelines That You Have to Keep in Mind Regarding the Super Shred Diet, Including Food Substitutions, Modifications of Rules, How to Check Your Weight, and Which Exercises You Should Try

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