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**THE SHRED
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CLEANSE**

— THE —
**TWO-WEEK
- PLAN -**

IAN K. SMITH, M.D.

#1 BESTSELLING AUTHOR OF *SHRED* AND *SUPER SHRED*

Ebook Shred Power Cleanse Clean Lean

Ian K. Smith



Ebook Shred Power Cleanse Clean Lean:

The Shred Power Cleanse Ian K. Smith, 2015-12-29 Dr Ian is answering Shredder Nation's call for a short term fast acting cleanse that will help you reset and power through to your new weight loss goal The SHRED Power Cleanse takes the classic detox plan to a new level You won't find any fiberless anemic juices on this regimen Dr Ian lays out each day of the two week program giving you everything you need to jump start BIG change More than 50 smoothie recipes built to boost your immunity and maintain your protein and fiber intake including Dr Ian's signature Purple Power Cleanse smoothie Fresh salads and other clean foods to fill you up and keep your energy level high Detoxifying exercise regimens for beginner intermediate and advanced levels A Weekend Power Tune up bonus designed to keep you on track long after the two weeks of the cleanse are up and all some Shred Cleansers will need The SHRED Power Cleanse will keep you satisfied clear your mind and leave you several pounds lighter [Shred Power Cleanse](#) Ian K. Smith (M. D.), 2016 **Shred Power Diet**

Cookbook Olivia Perez, 2016-01-16 This Shred Power Cleanse Diet Recipe book contains some hacks as described in Ian K Smith M D The Shred Power Cleanse Eat Clean Get Lean Burn Fat which will make you feel really transform This fast acting cleanse will help you reset and power through to your new weight loss goal this season These diet recipes are carefully prepared to boost your immunity detoxify your body boost your brain and above all achieve your weight loss goals It will help you in the two weeks cleanse we've tried to include the 11 power ingredients while making them delicious to taste I have recommended this to my patients and many have testified that they feel brighter happier and have lost weight without feeling hungry or unsatisfied **Shred Power Smoothie Recipes** Olivia Perez, 2016-01-15 This Shred Power Cleanse Smoothie

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Life, 2015-12-27 Shred Power Cleanse Smoothie Diet 37 Quick Smoothie Recipes to Help you on the Shred Power Cleanse In this Shred Power Cleanse smoothie Diet you'll discover all new Smoothie Recipes that would enable fast acting cleanse that

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