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Shred Revolutionary

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~~KCL SHRED: The Revolutionary Diet can help you lose pounds and inches in just six weeks~~ Shred: The Revolutionary Diet: 6 Weeks 4 Inches 2 Sizes  
"Shred" those stubborn pounds with Dr. Ian Smith Modern Marvels: Made in the USA (S17, E8) | Full Episode | History

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Shred The Revolutionary

Revolutionary Diet 6

Weeks 4 Inches 2

Sizes Ian K. Smith on

Kindle ~~Super Shred~~

~~Diet Results! Shred~~

~~diet week 3 update!~~

Shred: The

Revolutionary Diet by

Dr. Ian Smith The

Revolutionary SHRED

Diet by Dr. Ian Smith:

Success Tips Another

solution to losing

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those last few pounds

SHRED by Dr. Ian  
Smith SHRED by Dr.

Ian Smith: Week One

Meal Planning

~~Women Sizes 0~~

~~Through 28 Try on the~~

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~~| Glamour The Clean~~

20: Dr. Ian Smith's

Clean Eating Plan

Sheryl Underwood

and Dr. Ian Smith

Women Sizes 0

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Through 28 Try on the  
Same Jeans |

Glamour Dr. Ian

Smith: 'The 4-Day

Diet' - CBN.com

~~Weekly Meal Planning~~

~~Made Easy~~ Watch:

Dr. Ian Smith shares

his 'Shred' dishes

Super Shred Diet

Review (I lost 14lbs!)-

JenellBStewart

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SHRED Diet by Dr.

Ian Smith: Getting

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Started With Week 1!

Dr. Ian Smith Talks  
\"Super Shred\" and  
Slimming Down

Secrets on The  
Queen Latifah Show

Dr. Ian Smith on his  
New Book, \"Super  
Shred\", 1/15/14

Obama's Nutrition  
Council Appointee,  
Dr. Ian Smith, Wants  
to Change Your Life

~~How To Shred 20~~



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~~Pounds in 4 Weeks  
with Dr. Ian Smith  
Week One, Day 2 on  
SHRED by Dr. Ian  
Smith Tuesday 10/29:  
Super Shred Diet;  
Paralyzed Man Walks  
Again; ASPIRE  
Initiative - Show  
Promo Benny Hinn -  
Shred The  
Revolutionary Diet,  
Part 3 Super Shred  
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~~Benny Hinn - Shred~~

~~The Revolutionary~~

~~Diet, Part 2 Shred~~

Revolutionary Weeks

Inches Sizes

Shred is a six-week program that must be followed. One that has caught the zeitgeist recently is Dr. Ian Smith's Shred Revolutionary Diet- 6 Weeks, 4 Inches, 2 Sizes. The book

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evolved from Smith's  
Twitter feed, where  
people who had hit a  
weight loss plateau  
had been asking him  
for help.

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Weeks 4 Inches 2  
Sizes by ...

Shred is a six-week  
program that must be  
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Shred Revolutionary

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Weeks Inches Sizes

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Sizes: Amazon.co.uk:  
Smith, Ian K:  
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Revolutionary Diet: 6  
Weeks 4 Inches 2  
Sizes Mass Market  
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December 29, 2015  
by Ian K. Smith M.D.  
(Author) 4.1 out of 5  
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Shred has taken the

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internet by storm, and thousands have already joined Dr. Ian's Shredder Nation, losing an average of four inches, two sizes or twenty pounds in six weeks. Utilizing the detox...

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Smash Diet, the intense cleanse of Extreme Fat Smash, and varying food of The 4 Day Diet, Shred is a six week plan to a new way of life!

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Weeks 4 ...

The average results on SHRED are 6-4-2.

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In six weeks most people who closely follow the program lose four inches and two sizes. Once you have completed an initial six-week cycle, if you still have more weight to lose, the program is designed for you to cycle again.

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Weeks 4 Inches 2

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Offers a weight loss  
plan that incorporates  
a low glycemic index  
diet, meal spacing,  
and meal  
replacements to help  
dieters lose as much

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as four inches, two sizes, or twenty pounds within six weeks.

SHRED : the revolutionary diet : 6 weeks, 4 inches, 2 sizes

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Offers a weight loss plan that incorporates a low glycemic index diet, meal spacing, and meal replacements to help dieters lose as much as four inches, two sizes, or twenty pounds within six weeks.

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weeks four inches two

Weeks Inches

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and meal

replacements to help

dieters lose as much

as four inches, two

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Jess and Mike Miller, from Southend-on-Sea, who have been married for seven years, started making steamy videos and sharing them online 18 months ago.

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