



## Super Shred Diet Recipes Ready in 30 Minutes - 74 Mouthwatering Main Courses, Stews Smoothie Recipes Inside!

By Sharon Stewart

Createspace, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Want To Shed 20lbs In Just 4 Weeks From Now? The Super SHRED Diet Recipes Ready In 30 Minutes guide is designed to help you jumpstart your rapid weight loss adventure right away. And why do Dr. Oz and so many people subscribe to the Super SHRED Diet? Because: It s safe and easy to follow at home, at work, or on the road! It simply works -- It tricks your metabolism into burning more calories naturally and almost effortlessly That s how it enabled a group of people to shed an average of 20 pounds in just four weeks. and now, here s your chance to put this diet to work for YOU right away! Introducing The Super SHRED Diet Recipes Ready In 30 Minutes Guide. Inside, you ll get the 74 Step-By-Step Mouthwatering Recipes -- this includes recipes for main courses (breakfast, lunch and dinner), soups and stews, snacks, fruit smoothies and protein shakes -- ready to be served in just 30 minutes or less. PLUS, you will also receive the Super Shred Diet Crash Course For Beginners and the 7-Day...



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