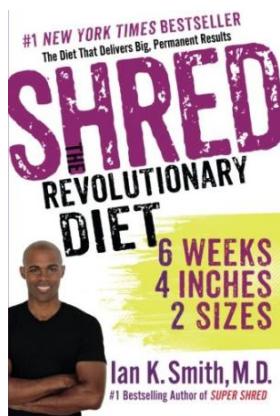


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SHRED: THE REVOLUTIONARY DIET



St Martin's Press. Paperback. Book Condition: new. BRAND NEW, Shred: The Revolutionary Diet, Ian K. Smith, Dr. Ian K. Smith's Shred is the answer to every dieter's biggest dilemmas: how to lose that last twenty pounds? How to push through that frustrating plateau? What to do when nothing else is working? Here, Smith has created a program that uses all he knows about strategic dieting in one plan. Shred combines a low GI diet, meal spacing, and meal replacements. Shredders...

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