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Shred: The Revolutionary Diet is a six-week cycle type of program and a low-glycemic diet with meal replacements. Each week offers a new approach to eating, and while some weeks are tougher than others, if followed properly, Shred: The Revolutionary Diet promises an unrealistic amount of weight loss over the course of six weeks, which sparks question marks.

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Shred The Revolutionary Diet 6 Weeks 4 Inches 2 Sizes by

IAN K. SMITH, M.D., is the #1 bestselling author of The Fat Smash Diet, Extreme Fat Smash Diet, The 4 Day Diet and Eat. He is a co-host of the television show The Doctors , a medical contributor to The Rachael Ray Show, and host of the nationally syndicated radio show HealthWatch .

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Shred The Revolutionary Diet 6 Weeks 4 Inches 2 Sizes

Which diet can you go on when nothing else is working? SHRED Ian K. Smith, M.D., #1 bestselling author and diet guru, has created a revolutionary 6-week plan that combines meal spacing, snacking, meal replacement, strategic exercise, and "diet confusion".

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SHRED The Revolutionary Diet Diets in Review

LW + I am now on my second week of the Shred diet. I am very pleased with this new lifestyle change thus far. The guideline and daily meal plan is so very helpful.

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