



# The Shred Diet Cookbook

*Ian K. Smith M.D.*

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**The Shred Diet Cookbook** Ian K. Smith M.D.

Can I eat that on SHRED?

Hundreds of thousands have lost extraordinary amounts of weight on Dr. Ian K. Smith's SHRED programs, using his proven killer combo of diet confusion, meal spacing, meal replacement and strategic snacking.

Now, in Dr. Ian's first-ever cookbook, he's deliciously answering the question so many of those dieters have asked: "Can I eat that on SHRED?" In THE SHRED DIET COOKBOOK, you'll enjoy:

- Midday recipes: from Heavenly Cheeseburgers to Green Bean and Artichoke Stir Fry

- Protein-rich dinners that are quick to make and satisfying to eat: from Cheese-packed Chicken Breasts to Seared Mustard Pork Chops and Cider-braised Onions

- Side-dishes: from Crispy Sweet Potato Wedges with Ginger-Soy Glaze to Creamy Polenta

- Snack preparations so simple and so good you'll want to plan a party around them

- Carb recipes that make them count, including pancakes, potatoes, and pastas

- Southern specialties and recipes from Dr. Ian's family: from Dr. Ian's Sweet Barbecue Steaks to Uncle Johnny's Black-eyed Pea Salad to Ma's Eggplant Parmesan-Complete nutritional information and portioning for each recipe

- Over 35 all-new recipes for meal--replacing smoothies and soups



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