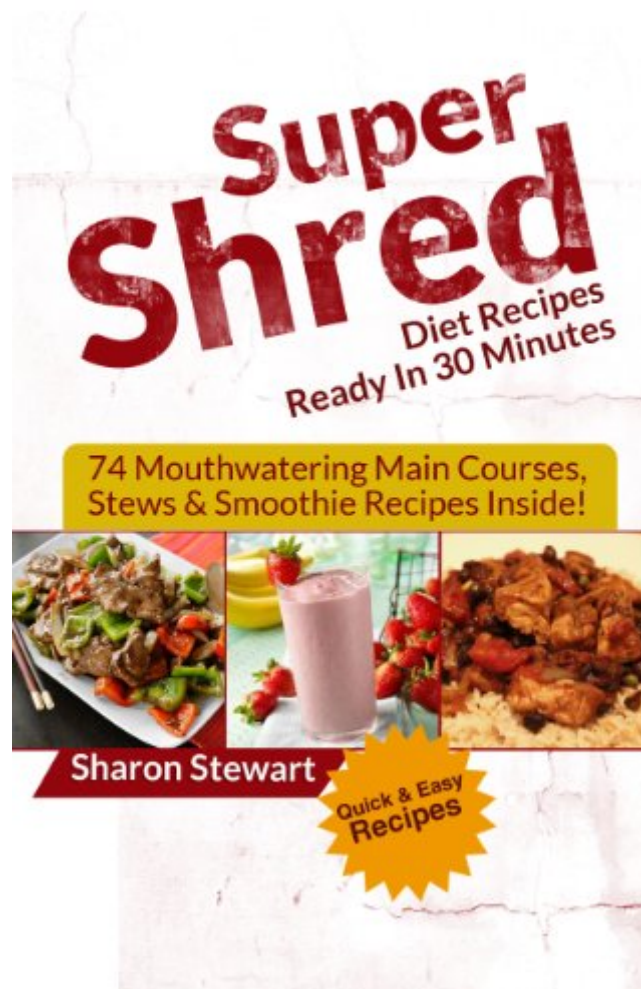


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# Super Shred Diet Recipes Ready In 30 Minutes: 74 Mouthwatering Main Courses, Stews & Smoothie Recipes Inside!



## Synopsis

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 roadIt simply works -- It tricks your metabolism into burning more calories naturally and almost effortlesslyThat'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 Sample Meal Template to further turbocharge your weight loss, starting in just minutes from now.To Get Started, Simply Scroll Up & Grab Your Copy of the Super SHRED Diet Recipes Ready In 30 Minutes Now!

## Book Information

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## Customer Reviews

This cook book includes recipes for sit down family meals, light soups that could be used as quick

lunches or appetizers, and smoothies for on-the-go or a sweet treat. ALL of these could be made in family sized portions and frozen in individual portions to suit the singleton's need. I have made parmesan crusted zucchini, chickpea soup, and a couple creamy delight smoothies. For the smoothie I used cheap, easy, frozen ingredients, but I got my veggies and spices from a locally owned Pacific grocery store. As much as I liked the recipes, I feel like there are options that can please families with picky eaters as well. It's a fun way to SUPER SHRED in time for bikini season.

I bought this book not just to shred extra pounds, but also bring healthy and tasty food for my family. Everyday, I've been struggling on what to cook for them. I don't have time to search for different recipes over the internet. Super Shred Diet Recipes made my life easier. Now I can bring delicious and healthy food to the table. My husband likes it and always get compliments from him. My daughter likes the smoothies and always ask me to make it every snack time. I don't mind making it everyday because it is good for her and very easy to prepare. This book offers mouth watering recipes and guess what, it doesn't cost a lot to make it. Highly recommendable to all the moms like me who cook food everyday for their family and are always conscious in their health.

I am a big fan of smoothies because they are healthy. I am also trying to get back into shape for swimsuit weather, so I bought this book, in hopes of losing weight without sacrificing things that I love. I have tried these Super Shred Diet Recipes and I have to say, they are amazing! The foods don't even taste like you're on a diet and I have already lost a few pounds. I highly recommend this book to others looking to drop pounds without giving up yummy tasting foods.

If your current diet doesn't give you the results you want, then the super shred diet is worth trying. It's not complicated at all which is good for beginners and you can start with it right away. This book is laden with super shred diet recipes and a sample meal template you can use to prepare your food every day. Aside from recipes, it also comes with an exercise plan to really help you reap the benefits of this diet. It's the perfect combination to get that body you've always wanted.

I am so happy I purchased Super Shred Diet recipes. I prepare all of my meals at home for a family of 4. I often run out of healthy ideas that are easy to prepare and healthy at the same time. With summer just around the bend, I also want to eat meals that will trim my waistline and make me a healthier individual overall. As soon as I began reading Super Shred Diet Recipes, I noticed how easy it was to follow the directions. The ingredients aren't complicated and I could put these

meals together without spending an hour looking for some rare item in the grocery store. The meals are also easy and fast to prepare. I particularly enjoyed creating the smoothies listed in this ebook. I do not have the imagination or skill to blend things together and have it taste awesome. This ebook solved my problem and I was able to create healthy smoothies that were pleasant to the taste. Even my toddler loved them. I am so excited to follow this diet for the full four recommended weeks. I already feel the progress by starting the first goal set forward in this book and have lost 2 pounds already! This book is so practical because it provides all the meal plans, and the guide to how to lose my extra pounds in a healthy and successful manner. It was worth every penny I spent on it.

If you are doing the Super Shred diet, this is a good companion. I am not all that great at figuring out menus, but having this cookbook is a big help. Most of the recipes are pretty easy. The book includes everything from smoothies to entrees. I bought the ebook, but wish I had the cookbook itself so I'll probably purchase it too.

The reason why I bought Super Shred Diet Recipes book is because, I love to cook and I love to learn different delicious recipes that are easy to follow. I love to cook but I am also afraid that I may gain weight more than I would like to lose some. This book is worth every penny though because I can make mouthwatering recipes, without having to worry about my weight. If you're like me who loves to enjoy delicious food while on a diet, I suggest you buy this book. With SHRED diet, I actually saw the difference almost immediately. I am enjoying my yummy food and I am losing weight at the same time. How amazing is that? My friends could not even believe that I am on a diet because they always see yummy food on our dining table. It's definitely surprising that I can have great main course, delicious soups and stews, low calorie snacks, and fruit smoothies and protein shakes. Goodbye boring diet!

Wow, these recipes are the bomb! Tasty but healthy. I love the sweet potato frittata, crusted codfish fillet recipes. The soups are pretty easy to prepare. For the non-meat lovers the Super Shred Diet Recipes have recipes you will love. The Super Shred Diet Recipes have has a variety of delicious, healthy smoothies. This book is definitely recommended

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