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Shred Diet Recipes: Burn Fat and Lose Weight Easily

Alston Valerie

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The secret of the Shred diet is a combination of a low gastrointestinal diet which eases work on the digestive system, efficient meal spacing so that your body will be able to digest the foods you eat faster and using meal replacements. In this diet, you will be constantly eating which is ironic in a weight loss plan. This diet plan also introduces a new concept called diet confusion which is basically tricking the body to increase its performance to be able to lose weight. The Shred diet also recommends using a personalized workout plan to help lose weight more effectively. Recipes found in this book will help you to follow the diet.

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