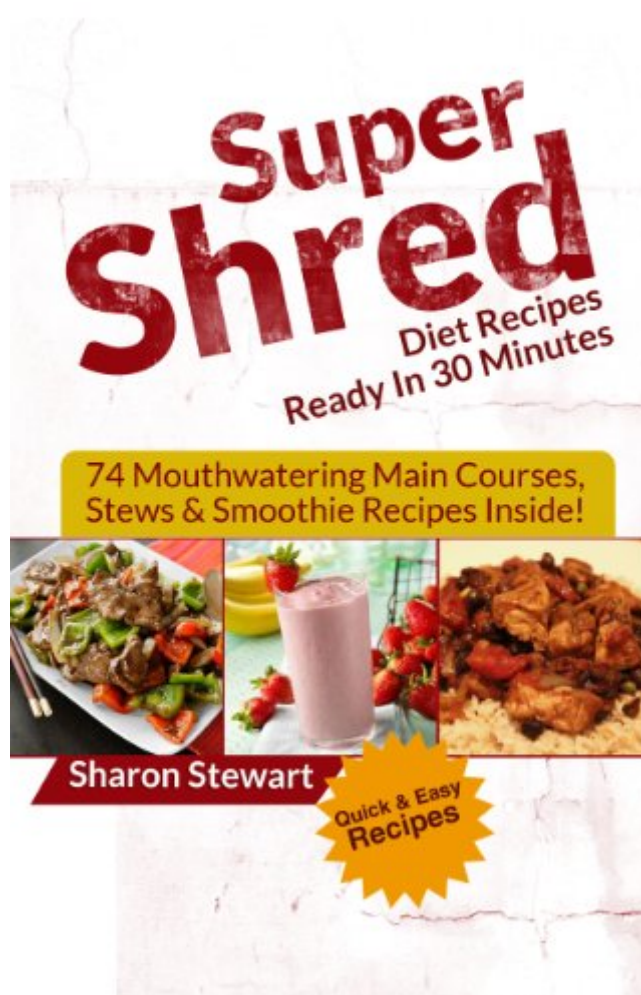


The book was found

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

File Size: 1739 KB

Print Length: 86 pages

Publication Date: April 9, 2014

Sold by:Â Digital Services LLC

Language: English

ASIN: B00J1MNB6

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #333,421 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #156

inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #180 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Low Fat #273 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

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 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.

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.

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!

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.

Sharon hits a home run with this book. She includes everything you need to get going with this book. She starts by hitting main courses that can be done in under 30 minutes. That is especially important for me since I have kids and understand the need to get food out as fast as I can and also as healthy as possible. This book gives exactly that very blend needed. The thing I like best is that the recipes cover a huge number of different foods that are tasty and also help if you are looking to lose some weight. She also has a section on soups and stews that also only take 30 minutes or less! Finally, with recipes covering snacks and fruit smoothies along with protein shakes, you have everything in order to get your diet in order right away. At the end she goes through a day by day plan to ensure that you get off to the right start. It is almost too easy to follow this diet. That's really what it's all about. You have to find a diet like this one where you don't feel you are on a diet at all!

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.

Super Shred Diet Recipes Ready In 30 Minutes! Wow, this is a new diet for me. New learning and new ideas, especially now that I am venturing into the weight loss world, or should I say battle? I like and appreciate the books amazing way of conjuring up 74 Mouthwatering Main Courses, Stews & Smoothie Recipes! This is super helpful! Imagine not running out of ideas for my weight loss foods? This is divine!

[Download to continue reading...](#)

Super Shred Diet Recipes Ready In 30 Minutes: 74 Mouthwatering Main Courses, Stews & Smoothie Recipes Inside! Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes â “ Look Good â “ Feel Better â “ Live Strong (Smoothie Bible) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging , Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Smoothies Recipes Jumpstart Cookbook: Over 50 Mouthwatering Recipes Ready In 10 Minutes (Or Less!) - Lose the Weight & Find Your Path Back to Health Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet,

Ketogenic diet, Anti inflammatory diet) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes,ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Vegetarian Recipes in 30 Minutes or Less: Family-Friendly Soup, Salad, Main Dish, Breakfast and Dessert Recipes Inspired by The Mediterranean Diet: Fuss-free Dinner Cookbook (Diet on a Budget 1) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)