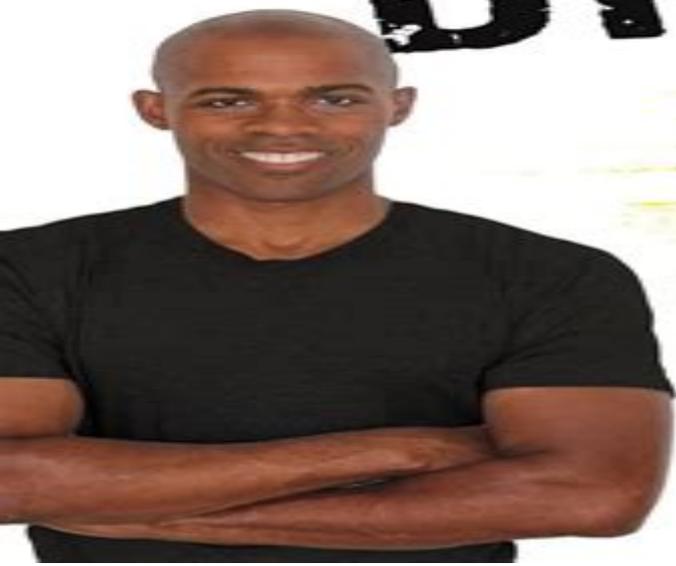


The Diet that Delivers Big, Permanent Results from the
#1 Bestselling Author of THE FAT SMASH DIET

SHRED

REVOLUTIONARY DIET

6 WEEKS
4 INCHES
2 SIZES



Ian K. Smith, M.D.

Shred Revolutionary Weeks Inches Sizes

Jiyuan Zhang



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