

## DR IAN SMITH RECIPES

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[Ian K. Smith - Official Site](#)

Ian K. Smith, M.D. Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet, and BLAST THE SUGAR OUT.

[Dr Ian Smith Recipes | SparkRecipes](#)

Top dr ian smith recipes and other great tasting recipes with a healthy slant from SparkRecipes.com.

[Fat-Shredding Smoothies, Snacks & Soups | The Dr. Oz Show](#)

Dr. Ian Smith reveals three simple recipes to rev your metabolism. Get his favorite fat-shredding smoothies, snacks and soups. Get his favorite fat-shredding smoothies, snacks and soups. Watch Dr. Ian Smith explain his revolutionary new diet plan.

[Menu for the 4 Day Diet by Dr. Ian Smith |](#)

[Livestrong.com](#)

The 4 Day Diet is actually not a diet at all, according to its creator Dr. Ian Smith. According to Smith, the average weight loss is 10 to 12 lbs per month on the diet.

[The Clean 20: Dr. Ian Smith's recipes for clean eating ...](#)

Dr. Ian Smith shares clean eating recipes to help reduce chemicals, preservatives and additives in your diet.

[Super SHRED diet by Dr Ian Smith \(2013\): Food list, what ...](#)

Super SHRED (2013) is a 4-week very rapid weight loss diet, written by Dr. Ian Smith of The Doctors. It's a follow-up to the SHRED diet. Negative energy balance eat fewer calories than you burn.

[Dr. Ian Smith Recipes - Yahoo](#)

Dr. Ian Smith shares healthy recipes & advice from his newest book, "The Shred Diet Cookbook," to help get you started in the SHRED lifestyle. Smith is a former co-host of the Emmy award winning

[SHRED The Revolutionary Diet - doctoriansmith.com](#)

Dr. Ian Smith is the author of the #1 New York Times bestselling books, SHRED: THE REVOLUTIONARY DIET, and SUPER SHRED: The Big Results Diet, and BLAST THE SUGAR OUT. Dr. Smith's highly anticipated newest book, The Clean 20, became an instant New York Times best seller, helping hundreds of thousands of people reduce bad sugars from their diet.