



Shred: The Revolutionary Diet: 6 Weeks 4 Inches 2 Sizes

Ian K. Smith

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Dr. Ian K. Smith's *Shred* is the answer to every dieter's biggest dilemmas: how to lose that last twenty pounds? How to push through that frustrating plateau? What to do when nothing else is working? Here, Smith has created a program that uses all he knows about strategic dieting in one plan--like putting all the best players on the field at once to create a can't lose combination. *Shred* combines a low GI diet, meal spacing, and meal replacements. Those who follow *Shred* will constantly be eating (every three and a half hours!), four meals or meal replacements (soups, smoothies, shakes) and 3 snacks a day, over a six week program. *Shred* also introduces Dr. Ian's concept of "Diet Confusion". Diet Confusion, like muscle confusion, tricks the body and revs up its performance. In the same way you need to vary your workout to see results, switch up your food intake to boost your metabolism. No matter how often or how unsuccessfully you've dieted before, *Shred: The Revolutionary Diet* will change your life. *Shred* has taken the internet by storm, and thousands have already joined Dr. Ian's Shredder Nation, losing an average of four inches, two sizes or twenty pounds in six weeks. Utilizing the detox from *Fat Smash Diet*, the intense cleanse of *Extreme Fat Smash*, and varying food of *The 4 Day Diet*, *Shred* is a six week plan to a new way of life!

Shred: The Revolutionary Diet: 6 Weeks 4 Inches 2 Sizes Details

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Laura says

The jury is still out on this one. The plan sounds good, but there's lots of planning and prep work. Week three looks tortuous. Still, we're going to give it a try. I'll keep you posted.

Jenni says

This book is not just a diet. It's a complete change in the way you should think about food and diet! It seems like so often, when i'm on a diet, I feel stressed. There are so many rules and guidelines to follow that I end up cracking and just don't want to do it anymore. This book gave me the guidelines to be successful and it's easy to follow. My husband and I did this plan together and we both saw great results! Overall I believe I lost close to 15 lbs in the 3 week period. But more important than that, I went down a size in jeans and I just feel good! I have higher energy levels that last all day long, My sleep schedule became regulated and I feel all around lighter!

I deviated from time to time over the 6 week period. A cookie here, a dinner out there. But I am more aware of portion size now, and I didn't feel guilty for "cheating". I just knew that it was a one time thing, and with my next meal/snack I was back in routine. We just ended the 6th week today, and are starting back at week 2 (week 1 is more prep than anything) tomorrow! We may not follow it meal for meal, but I like the guidelines to determine what types of foods and combinations we should eat each day. I think by this summer I will finally feel comfortable in a swimsuit again. In fact, i'm actually looking forward to it!

Barb says

I saw this book on Dr. Oz last night and I have already finished reading it, it has good explanation, the diet doesn't have wacky foods. The diet takes a lot of planning but would be workable even if the dieter works long hours. If the weight loss goal is not met you just keep working it. It could also be easily incorporated into other diet plans. It was designed for those people that have already lost weight but are trying to pass a plateau that is very stubborn. Very impressive.

Jewel says

They say that the best diet is the one you stick to. Well, I'm not going to be able to stick to this. A couple of weeks in and it's becoming increasingly clear that this is sort of like a liquid diet. Solid meals are becoming quite infrequent. Soups, fruit smoothies and protein shakes are the main choices for meals. I want to chew! No more drinking my food!

Ok, so I'm not sticking to this diet. However, I need to complain about this as a book, not as a diet. This is

goodreads, right? It's about BOOKS. Well, Dr. Smith puts the same information over and over and over... Cut and paste fills up so many pages in this thing. It would be sooo short if he didn't keep repeating the same info at the beginning of each chapter.

Also, he mentions that this is not a diet, but a way of life. Ok, so then if you're teaching me something about how to live, please explain to me the WHYS. I feel like I'm a reasonably intelligent person, so when I'm learning tips on nutrition I'd love to UNDERSTAND them, not just be told them. It seems so random without an explanation! Examples:

He says only one small cup of coffee a day. It's stressed at the beginning of each chapter. I drink my coffee black and get zero calories from it, so explain to me why cutting my coffee back so severely will help me get in shape. I'm sure there's a reason (Dr. Smith's not just a mean jerk, right?) so just tell me why I need to limit my coffee.

In week 3, we're suddenly told to squeeze half a lemon into our water each morning. Why? We were drinking plain water before, so is there some nutritional reason we need to do this now? If so, what is it? It seems so random, so just let me know why I need to do this.

We're told to have a piece of fruit with breakfast almost every day, but some days Dr. Smith specifies what it should be. Like, he sometimes says it has to be a pear or a grapefruit. Why? Why not an apple? Is it fiber? Is it some kind of vitamin? Just tell me WHY and I will understand. Otherwise, it just seems random.

There are lots of other examples like this in the book. Just random stuff he tells you to do without any explanation as to how that's helping you get in shape. Explain. Teach me stuff.

Anyway, if you stick to this diet you will definitely lose weight, but it's a mighty hard one to stick to and be prepared to be told to do all kinds of little odd things that don't seem to really matter one way or the other.

FunkMaster General says

Jumping in early, but after 3 & 1/2 weeks, the results are there. & trust me, I have cheated.

More than once.

4 stars (not 5) only because much is repetitive: it really could have been a large pamphlet.

Michele Defilippo says

A good, if obvious, diet, in that you'll cut calories and lose weight if you consume mostly soup and smoothies. The structure of the book was annoying, and perhaps an attempt by the publisher to inflate the page count. The diet is described in six one-week segments with each segment containing a seven-day meal plan. Instead of beginning each week with four or five introductory paragraphs, the opening text was repeated FORTY-TWO times, once for each day. The meal plans were mostly identical as well and the diet in its entirety could have been described in a booklet, but booklets can't be sold for \$24.99. Either sales price was the motivation, or the author and publisher think readers are too stupid to understand the concept

without excessive repetition. Either choice is an insult.

Will says

I did not actually go through the Shred program, but I can tell from reading through it that it should work. Shred guides you through a six-week program of eating healthy foods in a way to boost your metabolism in order to burn more calories. There are no tricks, and the diet is completely healthy. This is the first program I've read that has you vary your caloric intake to keep your body from becoming complacent. I have seen this technique used for aerobic exercising and strength training. This program has you vary your aerobic exercise as well. The diets contain a lot of liquids like protein shakes, smoothies, and soups, and it would be difficult to maintain it for longer than six weeks in my opinion. The author tells you what to expect during a certain a week as well as how difficult each week is. He could, however, have condensed the book to about 50 pages or so. Once going through this program, the user should have a better idea of how to eat well and maintain a good exercise program.

Anita says

It really works!! Yes, it changed my lifestyle, i now exercise regularly, but how else wears I going to drop 10 pounds? I was never hungry and I feel fantastic. I've downloaded the short-form ebook to my phone and am eating healthy forever.

Heidi says

I will let you know how I feel about this book, but Come ON!!! aren't all diet books the same at this poing and time. You ahve to eat small meals through out the day and engage in more cardiovascualar activity than the calories you consume. This is the books primary focus. Small meals are regular intervals and cardio for at least 30-45 minutes per day, prefereable on different machines, or different kinds of cardio so you are not bored. Does this sound like every other diet book you have read. Now, I am not unlike you, I figure if I'm going to pick up a diet book it should have some revolutionary way for me to loose weight such as eating only squid ink for three days and then lemon water after that, or some other kind of crazy diet. But I'm going to try the small meals throughout the day because I am already activley engaged in the cardio thing and i am not seeing results so what can I lose????

Leah Darrow says

Fantastic diet. I lost 10 lbs in 6 weeks, and my husband lost 15 (good numbers for us, since we were very close to our goal weights.) Unlike most diets, this one doesn't require you to cut out entire food groups so you don't get insane cravings or headaches or weird side effects. It's something you can do for much more than 6 weeks, and you don't feel too hungry while you're on it. It includes a full list of healthy meal plans, and some good recipes. The only alteration we made is to skip some of the snacks, mostly sticking to the meals, particularly in the first week when the allowed calories were a little higher than what we really needed.

Angie says

Thanks, goodreads for awarding me this book through the first reads program!

I have finished reading this diet book, and started the "Shred" plan today. We will see how well it works. I will update my review after finishing my initial 6 weeks on it.

I am one of those women who have tried just about every diet. I have had success with several at different times of my life. Initially I thought this to be a bit like the Michael Thurmond 6 week body makeover (which is a really good plan too), but it is much less restrictive and utilizes more convenience foods, which as a busy mom of 4 I found alluring. The main drawbacks I found is that some things just aren't specific enough. I'm hoping that means that it doesn't really matter. But, for example, for one of my meals today it said to eat "3 servings of veggies." Nowhere in the book could I find the numeric amount they want for 1 serving, and no list of what veggies are acceptable. Hopefully I'm worrying about the details too much. The book does have lots of good references on 100 & 150 calorie snacks as well as smoothie, soup, and protein shake recipes. I also wondered if height should play any part in the serving sizes of meals. I am extremely petite so this is something I have to think about. Overall, it sounds good! I like that everyday of program has its meals laid out for you. Makes planning lots easier.

I am very excited to have won this book and have the opportunity to try out the diet! Here's to success...

Carolyn Amundson says

This is an advanced diet. As the intro mentions, it was designed for someone who has done all the right things with their diet and exercise, but still has 20 pounds (or so) to go. As a result, the 45 minutes of exercise most days shouldn't be a problem for someone doing this -- they're probably already doing about that.

The restrictions are pretty severe both mentally, physically, and socially. The book hints that the drop out rate is pretty high. There are very few of the prescribed meals that would allow the dieter to eat at someone else's home, much less a restaurant. Unfortunately, the book provides no explanation for its dictates. The author is an M.D., so I guess one is expected to accept that there's some science to support the diet. Somewhere.

- The diet requires eating about every 2.5 hours. That's not even possible for someone in a retail or service job, unless they want to sneak a smoothie in the bathroom (eww). The frequent eating also means not eating many meals at standard hours, which causes social issues for typical desk workers and lots of issues for full-time parents.
- The diet requires 4 mini meals and 3-4 micro meals. The meals are so small that most Americans would call them a snack; the snacks are just a forkful of food. Most advanced dieters have figured out their eating style and, for some, the micro/mini-meal causes emotional havoc.
- The diet is very clear about what you can eat every micro and mini-meal. Some people need that, um,

attention to detail. It definitely makes sure that the calorie count stays pretty low. As other reviewers have mentioned, it's likely that the publisher needed that level of detail to increase the number of pages in the book. The book is hugely repetitive, because of that detail. Every 10 pages could have easily turned into a 2 page chart.

- There's a big focus on calories and fat elimination, which ramps up the crazy quotient. Snacks are allowed up to x calories and smoothies are allowed up to y calories. Sure, that provides some flexibility. For someone who's already eliminated pre-processed crap from their diet (ahem, advanced dieters, remember?), it also means you've got to measure how all the ingredients that go into each snack, smoothie, etc, before you pack your extensive collection of micro and mini-meals for work each day. In addition, foods can't be fried, salad dressings must be fat free, and egg yolks are tossed out. That means that snacks need to contain fat to avoid psychological break downs.

On a positive, the diet allows booze and diet drinks. The diet also relies a lot on smoothies, soups, and water, which could fool a body into feeling full longer. The book also says repeatedly that people should alter the diet to their personal needs.

Kelly says

While this book provided a lot of good advice and some good suggestions for different ways to eat, I wouldn't be able to follow it. I work full time and the things that he suggests to eat and how often he suggests to eat would not fit into my schedule. I would have to bring 5 meals to work, including 3 main ones. I am going to take what I've learned though and modify it along with the weight watchers program I belong to and see if I can get off these final 10 pounds.

There really isn't any secret to weight loss... watching what you eat (low carbs, low fat, lots of fruits and veggies) and exercise (at least 30+ min a day) will give you results, but I like to read books such as this to give me ideas that I can use to shake things up a bit.

I know it might not be fair to rate this book since I am not actually going to follow his diet, but I did read it all before making that decision. This review is based only on the information I read and not whether the diet actually works or not. I just know I can't follow it based on my work schedule without quite a bit of modification.

Shana Simmons says

I liked this book it is easy to follow and the food is simple food anyone can find and eat. I lost 10 lbs so yay! I will say it is hard to stick to at times, gets repetitive, and I was starving at times lol. Be prepared to be tough!

Amy says

Down 10 pounds and going for another 6 week cycle. This book has helped me and my husband get back on track. The plan is something everyone can follow. Thank you for writing this book!

