

# **The Shred Power Cleanse: Eat Clean. Get Lean. Burn Fat By Ian K. Smith**



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## **| let's get lean together**

especially the weight loss/fat burn smoothies. If you have anything to add, please let me know. Get Lean my friends. Clean eating. Abs are made in the

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Jan 12, 2013 Dr. Ian Smith shares tips from his New York Times bestseller Shred: and your fat cells will remain rather than burn. 2.

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