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SHRED Power Cleanse Official Recipe Book: Official Companion to the SHRED Power Cleanse

Ian Smith

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This is the OFFICIAL recipe book companion to Dr. Ian's NY Times Bestselling SHRED Power Cleanse. These 75 recipes include smoothies, soups, salads, and vegetables, all that you need while on the SHRED Power Cleanse. All of these recipes are verified to conform to the principles of the SHRED Power Cleanse. This is the fifth installment of Dr. Ian's extremely popular SHRED series and you will not be disappointed. Easy, delicious, and affordable, are the first words that come to mind when describing the recipes in this book. As will all of Dr. Ian's programs, use these recipes as a guide and if you want to substitute some ingredients, feel free. Just make sure you follow the guidelines listed in the SHRED Power Cleanse. Enjoy!

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