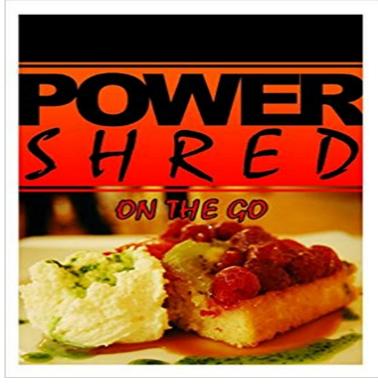
Power Shred - On The Go: Power Shred diet recipes and cookbook



Looking to Shred? These recipes are low in carbohydrates and free of the empty nutrients that prevents you from reaching your weight loss goals. Within the Power Shred series, youll also discover many other delicious, simply recipes for your everyday needs. Whether youre looking for some quick dinner ideas, some on-the-go snacks or easy lunch recipes, youll find it in this series. Make sure to check out all the other titles!

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