

THE FAT SMASH DIET SMITH IAN K M D %0A

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Fat Smash Diet

Dr. Ian Smith, M.D., developed the fat smash diet plan after he became weight-loss consultant and judge for the VH1 hit television program *Celebrity Fit Club*. The plan was originally designed for celebrities trying to lose weight on the show.

The Fat Smash Diet - doctoriansmith.com

Dr. Smith's diet has been featured on VH1's number-one rated show, *Celebrity Fit Club*, where Hollywood celebrities follow his customized diet plan and compete to lose weight. Now, with *The Fat Smash Diet*, everyone will have access to the revolutionary eating plan that leads to lifestyle changes and permanent weight loss forever.

How to Follow Dr. Ian's Phase 1 of the Fat Smash Diet

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Dr. Ian Smith's Fat Smash diet leads followers through a four-phase weight-loss program. According to Smith, the plan helps dieters develop habits that contribute to a healthy, sustainable lifestyle. The first phase -- called the "Detox" phase -- lasts nine days and strictly limits the types of foods you can eat, as well as the portion sizes of some foods.

Extreme Fat Smash Diet: With More Than 75 Recipes: Ian K ...

Ian K. Smith, M.D., is the number one bestselling author of *The Fat Smash Diet*, *The 4 Day Diet*, *The 4 Day Detox*, *Happy and EAT*. He is a medical contributor on *The View* and *The Rachael Ray Show*, the diet expert on VH1's *Celebrity Fit Club*, and host of the nationally syndicated radio show *Healthwise* on American Urban Radio Networks.

Fat Smash Diet Review: Detox and Diet Phases - WebMD

The Fat Smash Diet has four phases of learning to eat better. It promotes eating a diet low in saturated fat and high in fruits and vegetables. Ian K. Smith, MD, author, *The Fat Smash Diet*. John Karle

Extreme Fat Smash Diet Meal Plan | Livestrong.com

The "Extreme Fat Smash Diet" by Dr. Ian K. Smith, is the follow-up book to his popular *Fat Smash Diet* used on VH1's television show, *Celebrity Fit Club*. The Extreme Fat Smash promises faster results in a shorter time period. If you have between 10 and 25 pounds to lose, this diet is designed for you.

The Fat Smash Diet: The Last Diet You'll Ever Need by Ian ...

Ian K. Smith, M.D. Ian K. Smith, M.D. is the #1 New York Times bestselling author of *SUPER SHRED*,

SHRED, THE 4 DAY DIET, THE FAT SMASH DIET and EXTREME FAT SMASH DIET among 7 other books including, SHRED Diet Cookbook , EAT, Happy , and The Blackbird Papers. His newest book, THE SHRED POWER CLEANSE, is available 12/29/15.

The 4 day Detox - doctorsiansmith.com

Dr. Ian Smith's diets really work. America has lost millions of pounds following his bestselling programs: The Fat Smash Diet, Extreme Fat Smash and, his newest, The 4 Day Diet an eating plan that allows readers to avoid the normal (and fatal) pitfalls of dieting.