



VSHRED



COOKING & NUTRITION VIDEOS WITH V SHRED EXPERTS AND CERTIFIED TRAINERS!

3 HEALTHY CHICKEN RECIPES

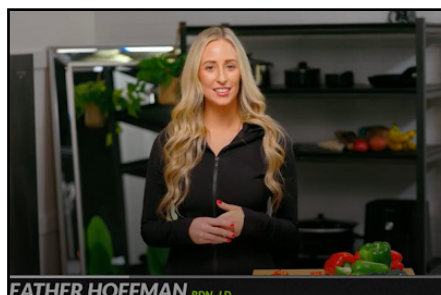
WITH HEATHER HOFFMAN
V SHRED CERTIFIED COACH AND REGISTERED DIETICIAN



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MEAL PREP BASICS

WITH HEATHER HOFFMAN
V SHRED CERTIFIED COACH AND REGISTERED DIETICIAN



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MACROS 101

WITH SHAWNA RUST
V SHRED CERTIFIED COACH



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HOW TO PLATE & PRESENT YOUR FOOD

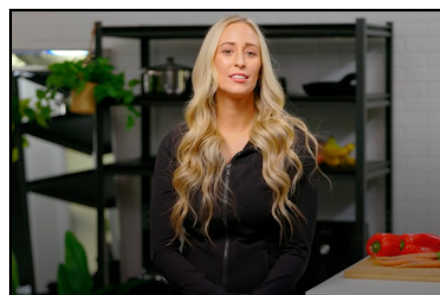
WITH SHAWNA RUST
V SHRED CERTIFIED COACH



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HEALTHY FOOD SHOPPING ESSENTIALS

WITH HEATHER HOFFMAN
V SHRED CERTIFIED COACH AND REGISTERED DIETICIAN



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