

SHRED

Meaning: Shred (verb): To tear or cut something into small pieces, often for the purpose of destruction or to remove excess weight.

1. She decided to shred the old documents to protect her personal information.
2. The athlete's intense training routine helped him shred excess weight before the competition.
3. After the storm, the trees were left in a state of shred, with branches scattered everywhere.
4. He used a food processor to shred the carrots for the salad quickly.
5. The critic's harsh review threatened to shred the author's confidence in her writing.
6. The athlete managed to shred through the competition with impressive speed.
7. She decided to shred the documents to protect sensitive information.
8. After a long workout, he felt his muscles shred and ache from the effort.
9. The artist used a shred of inspiration to create her masterpiece.
10. While cleaning the kitchen, I accidentally shredded the recipe into tiny pieces.

Source: sentences.whatistheurl.com

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