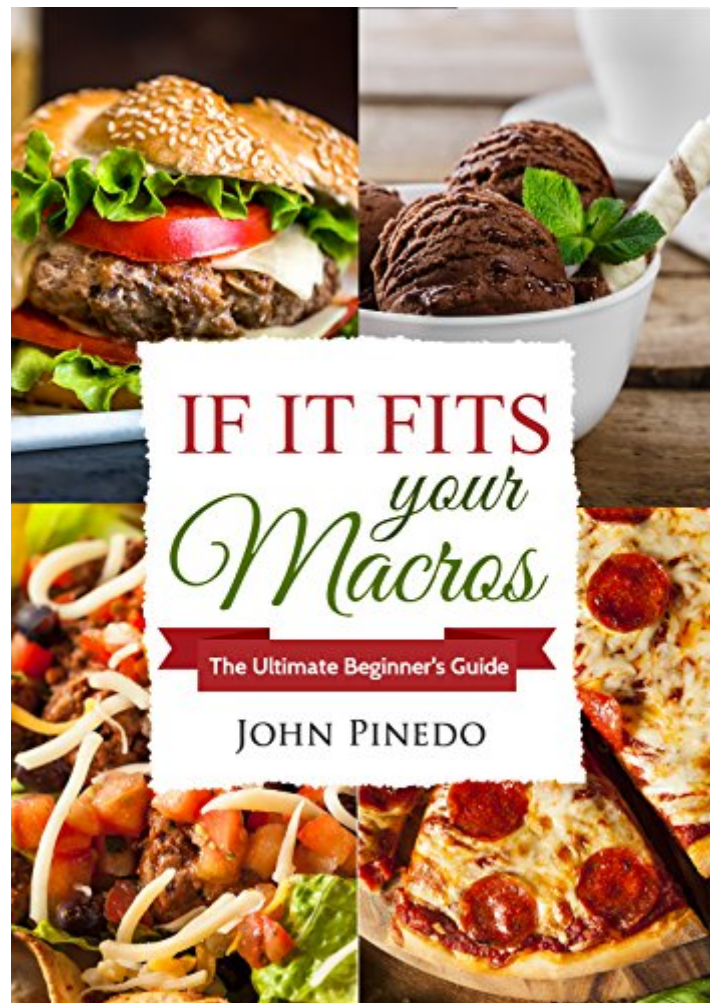


The book was found

IIFYM: If It Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss)



Synopsis

Learn What You Need to Know About Losing Fat Effortlessly! If It Fits Your Macros is the buzzword in the world of flexible dieting. It is the concept that has transformed millions of physiques from overweight & physique to lean and shredded. Whether you are looking to get skinnier or get as lean as possible, IIFYM is going to allow you to lose weight, specifically from fat, without giving up your favorite foods! This book will introduce you to the fundamentals of fat loss and equip you with the know-how to getting lean today. You will learn the #1 key to losing fat, the quantity of each macronutrient that you need, the difference between enjoying the fat loss process (IIFYM approach) and being miserable (traditional dieting), how to use the IIFYM method of dieting with today's technology, and much more...
• Scroll to the Top and Click the "Buy Now with 1-Click" Button •

Book Information

File Size: 2664 KB

Print Length: 65 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 30, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01LBU8HF2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #457,878 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #76

in Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #92 in Â Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics

#125 in Â Books > Health, Fitness & Dieting > Nutrition > Macrobiotics

Customer Reviews

This book got me attracted to it because I have been trying to lose weight for quite some time now. And I've been hearing about the IIFYM too. And this book has cleared so many things I have in mind. Reading it has introduced me to the idea of If It Fits Your Macros and how I can lose weight without giving up too much of what I love to eat. And this is more than enough reason for me to try

this for myself."IIFYM is going to allow you to lose weight, specifically from fat, without giving up your favorite foods!"And this got me motivated even more. This book has been concise and I appreciate everything I read here.

I found this to be quite surprising. The author gave a lot of information in this book including some resources to use that will help in achieving your weight loss goals. I liked how this diet is more on limiting different food types instead of avoiding it all together. I can't imagine giving up ice cream any time soon, so this was really good!

The "It Fits Your Macros" diet is getting a lot of attention these days. I am really puzzled about this diet plan that's why I bought this book. I've learned that this IIFYM, or flexible dieting, is a method of dieting that revolves around meeting daily macronutritional intake targets, and not on what you eat to get there. That is, you plan your daily meals to provide you with so much protein, carbohydrate, and fat, based on your goal (lose fat or build muscle). It's essentially a form of calorie counting. The content has a consistent message of trying such diet since the author has given significant tips and irresistible reasons on how to improve oneself. Most importantly, the most notable lesson from this material is that it will teach you how to become an independent individual with a healthy IIFYM lifestyle and diet.

Awesome! Dieting programs are everywhere. All of these programs have one aim and that is to help its readers and believers to live a healthier life. This book has this aim also but I find this book and the idea it is promoting as endearing. This is because it does not persuade its readers to follow a dieting rule to a T in order to see good result. There is no room for blunder. The book's title says it all. It encourages a healthier lifestyle but it gives its readers a choice. So much worth recommending to all!

IIFYM diet sure is interesting. I loved how this book focus on its fundamentals and discussing how IIFYM works. More importantly, IIFYM, as discussed by John, doesn't only help you lose weight but it also helps in building lean muscles, which is exactly what I needed. Trying out IIFYM for sure.

Well-written and useful book on versatile fast guide for beginners. The book helps you find out how to change state and acquire a throw body with the assistance of versatile fast. I even have forever needed to be told additional concerning versatile fast since I even have followed several diets

before yet. This book helped perceive what versatile fast is and the way you'll be able to change state while not utterly eliminating the foods you're keen on.

Very informative book. Having all this information in one book is really awesome. I never thought that I would learn some new things here and benefit from it. Compare this book from the last one. This one is more beneficial. Nice book

It's short and simple. It explains the basics. I love everything about this book! I have to say that contains very interesting ideas and aspects regarding regarding the theory and practical applications of weight loss. I know you will receive benefits from reading this book. This book offers you information on the best way to eat the foods you like while still gaining the sculpted body you are looking for. I have found this book a great source of information that will be useful no matter what diet I choose to follow. Excellent read!

[Download to continue reading...](#)

IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss) If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) Meal Prep for Weight Loss: Transform Your Body By Batch Cooking Easy Healthy Meals the IIFYM Way (If It Fits Your Macros Meal Prepping) Flexible Dieting: Use the Power and Simplicity of IIFYM to Lose Weight and Feel Great Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH'(paleo diet, diet challenge, paleo guide to weight loss) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) The Ultimate Guide to Weight Training for Racquetball and Squash (The Ultimate Guide to Weight Training for Sports, 18) (The Ultimate Guide to Weight Guide to Weight Training for Sports, 18) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment:

Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) South Beach Diet: A Beginners Guide For Using The South Beach Diet For Quick, Easy and Healthy Weight Loss (Dieting, Weight Loss, South Beach Diet, South ... Diet Cookbook, South Beach Diet Kindle) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Hair Loss and the Big Pharma - The Ultimate Guide on Avoiding Frauds, Disinformation and Bad Medicine (Hair Loss Cure, Hair Loss Nutrition, Hair Loss Solutions, Hair Loss Alopecia, Alopecia Areata) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss))

[Dmca](#)