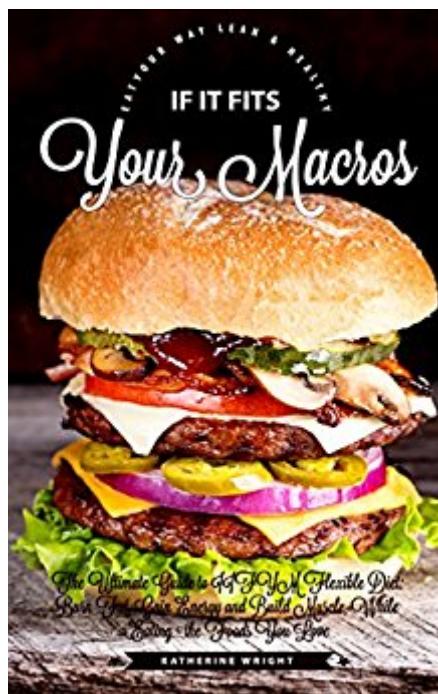


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# If It Fits Your Macros: The Ultimate Guide To IIFYM Flexible Diet: Burn Fat, Gain Energy And Build Muscle, While Eating The Foods You Love (Eat Your Way Lean & Healthy)



## Synopsis

If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You LoveHi, I'm Katherine (Katy) Wright,Over the years I have tried everything under the sun in order to lose weight and stay fit. My enthusiasm for fitness and diet have led me to find out exactly what does and what doesn't work. I've previously written about the subject of losing weight without picking up a weight or hitting the treadmill; but in this guide I'm going to show you how to kick your body's metabolism into overdrive simply by sticking to the basics. Eating the foods you love within some simple to follow boundaries. This book contains proven steps you can take from flabby to fit by eating the foods you like. What you'll find in this 30 page guide is a unique and fundamentally sound way to eat that has you enjoying food and losing weight. If It Fits Your Macros isn't totally new but it is impressive how well it works. Build an understanding of what IIFYM. I've included eating strategies as well as a fitness plan that will see you reach your goal of a fit, lean and healthy body. Hereâ™s just a LITTLE of what youâ™ll discover in this incredible guide. . .Proven steps that will have you eating your way to lean and healthyThe mindset you'll want and need to execute this systemThe necessary nutrition and dieting plans that work to keep you leanA Bonus section with tips to lose the weight more quicklyHow to challenge yourself so you'll crush your fitness goalDon't wait, you'll want to put this information to use as soon as possible. Get this Awesome Guide for just \$2.99. Regularly priced at \$4.99Download now and start your 21 day challenge to getting a lean and toned body.Scroll to the top of the page and select the buy now button.

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## **Customer Reviews**

I purchased this in paperback form and it was absolutely not worth the money I paid. I think even if I purchased in Kindle format, not worth the money. This book was 29 pages in super huge font and contained no real information other than a web link to calculate your macros yourself. It was less than the amount of information you could find from web searching IIFYM (mind you, that would be free). I wanted a book to go more in depth and give me a better explanation of the program before I made the leap. This did not fit my needs at all. This might be my most disappointing purchase from . The best thing I could say for the purchase is that the front cover was a good quality print - but that does not justify the money I spent.

What makes this book, If It Fits Your Macros, credible is because it has been the product of the author's very own experiences in trying to burn fat, gain energy, build muscle while at the same time, eating anything you want, like what the title said. Apart from this, the tips are also smart and very possible to be done. This book is indeed an incredible guide, if only health buffs out there will really follow it by heart.

Flexible dieting has been recently gaining momentum as a revolutionary new way of eating. My experience with many diets led me to believe some foods are good for you and some foods are bad for you. The way you lost weight was determined by the foods you cut out of your diet and so on. Flexible dieting is simply the tracking of macronutrients (protein, carbohydrate and fat) to achieve a body composition goal. Macronutrients or Macros make up the majority of this diet. There are three main macros, protein, fat, and carbohydrate. One gram of each macro has a calorie value. Flexible dieting follows the belief that there are no miracle weight loss foods. No good or bad foods, just macro ratios. Essentially, to change your body you can eat whatever you want so long as you hit your macro goals. This book is great for those who want to learn about IIFYM. I very much enjoyed in this book.

I love eating pizzas and burgers. I thought that it's okay since there are tomatoes, lettuce, etc. and it tastes so good. But this book tells us that even if pizzas and burgers consists of healthy or nutritious fruits or vegetables, there are also some ingredients that are fattening and with high cholesterol. This book consists of some suggestions on how and what you can eat or take by being aware of your food intakes. A good book to consider now that most of us prefer pizzas and burgers, for us to be aware of what we eat.

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. I hope readers will choose right. I want to say that I will.

Great guide and very informative! I have recently taken a liking to a healthier lifestyle and am on the hunt for the perfect way to improve mine. My former gym instructor mentioned the IIFYM diet to me and so I got this to investigate and learn more. After reading this I have come to the conclusion that this diet and me are made for each other. A diet where I can eat whatever I want but remain healthy and shed the pounds? Sign me up right now! Show this book to whoever tells you that you have to stick to bland, boring food when on a diet and change the way they think!

I always wanted to stay fit and fab and this book is indeed what I'm looking for though i already have many diet recipe but this one is also a must have in my collection because it unique and at the same time i can enjoy foods that i like without worrying getting fat!

The book has prepared some vital nutritional information on staying positive as we consume on the low calorie foods, The best part in my reading lies in the changing the mindset to an effective one in the process of staying lean as you enjoy your delicious diet.

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