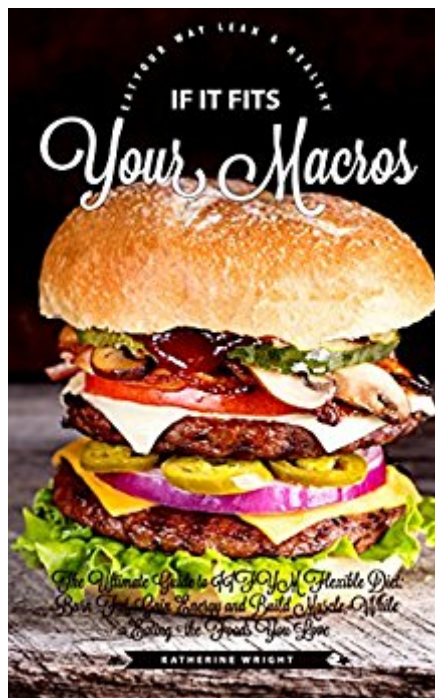


The book was found

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 Love

Hi, 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. Here's just a LITTLE of what you'll discover in this incredible guide. . . Proven steps that will have you eating your way to lean and healthy The mindset you'll want and need to execute this system The necessary nutrition and dieting plans that work to keep you lean A Bonus section with tips to lose the weight more quickly How to challenge yourself so you'll crush your fitness goal Don'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 \$4.99 Download 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.

Book Information

File Size: 193 KB

Print Length: 29 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 6, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01BJBXCS0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #343,656 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #59

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Endocrine System #69 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Macrobiotics #93 inÂ Books > Health, Fitness & Dieting > Nutrition > Macrobiotics

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.

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

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) IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss) Meal Prep for Weight Loss: Transform Your Body By Batch Cooking Easy Healthy Meals the IIFYM

Way (If It Fits Your Macros Meal Prepping) Intermittent Fasting: Everything You Need to Know
About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Intermittent Fasting: The Beginners Guide to The Intermittent Fasting DietÂ© with over 350+ Approved Recipes for Rapid Weight Loss & Lean Muscle Gain (Accelerated Fat Burn Through Fasting) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) The Gut Healing Protocol: Reset Your Gut, Reduce Inflammation, Gain Energy and Feel Happier (Eat Your Way Lean and Healthy) Target Keto: The Targeted Ketogenic Diet for Low Carb Athletes to Burn Fat Fast, Build Lean Muscle Mass and Increase Performance CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series Book 3) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) The Power Of Intermittent Fasting: Discover Effortless Abs Diet giving you greater Mental toughness,quick Fat Loss and no Cardio, enabling Lean Muscle-Building!: Abs workout for lean belly included! Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Vegan Bodybuilding and Nutrition: A guide on how to build muscle and gain strength while executing a vegan diet. Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners)