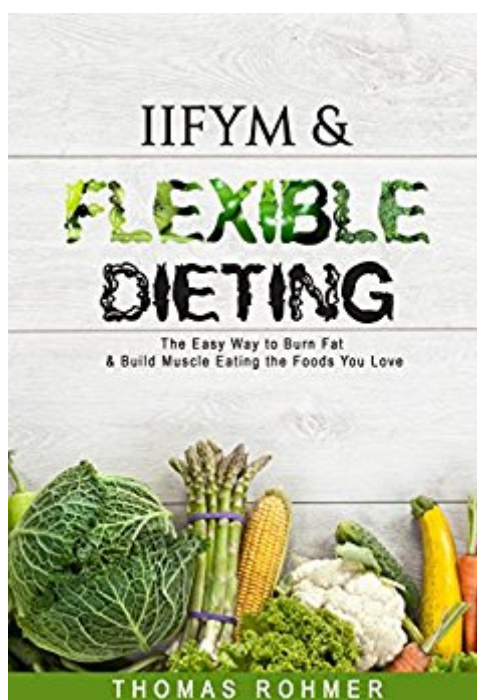


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# IIFYM & Flexible Dieting: The Easy Way To Burn Fat & Build Muscle Eating The Foods You Love” Includes Over 40 Macro-Friendly Recipes!



## Synopsis

Finally a Simple Approach to Burning Fat & Building Muscle That Actually Works!! If you want to burn fat, build muscle, feel great, and do it all without having to be a slave to the kitchen, then this book is for you. Here's the reality: Dieting used to suck: You're tired of eating the same boring healthy foods. You're tired of eating 6 small meals a day to boost your metabolism. • You're tired of low carb diets that leave you feeling miserable. And finally, you're tired of gaining all of the weight back. Luckily there's a better way to go about this and it's called If It Fits Your Macros (aka Flexible dieting) If It Fits Your Macros (IIFYM) will finally give you a flexible dieting approach that'll allow to lean down while eating your favorite foods. And the best part is that because it's so easy to do, you'll be able to maintain this diet for life, which means no more rebound weight gain. Here are a few things you'll discover in this book: Over 40 done-for-you recipes with calories and macros already counted for you. How your body actually works in regards to burning fat. How many calories you need to eat to start losing weight or build muscle. What the IIFYM diet is and how to get started with it today. Best macro percentages for burning fat and building muscle (hint it's not what you think!). The best (and easiest) way to accurately track your macros. How to implement exercise in with your IIFYM diet. A done-for-you exercise routine is included. And a whole bunch more! Imagine 12 weeks from now burning off more fat than you ever have, and easier than you ever have. Imagine having more energy and looking better than ever before "without going through all of the strain and stress of a typical diet. By doing flexible dieting, you can build the body of your dreams without having your life revolve around fitness 24/7. Scroll up, click the buy now button, and start your path to the best looking body you've ever had! SPECIAL BONUS FOR READERS! With this book, you'll also get access to an exclusive free ebook that will teach you how to build the Hollywood physique that many actors are sporting around today. You'll make noticeable changes to your physique within the first 12 weeks.

## Book Information

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## Customer Reviews

Flexible Dieting is very enjoyable and you can eat any kind of food that you like. This kind of diet seems unreal but believe me, it is well detailed and well-written in this book. Losing weight is not a problem when following Flexible Dieting as well as gaining lean muscle. You can maintain a healthy body all year round with this diet. This is not just a diet a book its a total package, i have learn almost everything about this diet reading this book, how the food works in our body and it doesn't mean we have to eat clean all the time, we just have to keep the balance and the recipes included in this book is more than amazing, they have everything you should want to try. And the tips included in this book is fun effectively funny. Strongly recommended.

I've tried many diets in the past and they're ok at first because the number on the scale is going down. After a while though, I usually end up quitting and binge eating like crazy because I can't handle the misery anymore. With flexible dieting, you're doing a diet that actually works with you to help you lose weight. You get to enjoy your favorite foods along the way. This is crucial for me because it easily allows me to keep on doing iifym for a long time to come. If you've been struggling to keep the weight off for good, then this could definitely be the diet solution for you.

This guide on flexible dieting will definitely help you achieve whatever fitness goals you may have, whether that's building muscle or burning fat. Each chapter is laid out in a step-by-step process making it super easy to set-up your iifym diet and start executing on it. Not only that, but exercise routines and recipes with the macro contents are included as well. This really is a through book that covers all aspects of fitness to give you lasting results.

Counting calories and macros is a must-do for anyone who takes fitness seriously, but you don't need to be too strict about it. You can eat pretty much anything you want as long as it fits within your macro parameters. This book will teach you pretty much everything you need to know about the IIFYM ("If It Fits Your Macros") dieting style, and it also provides a consistent collection of simple, but tasty recipes that are very easy to prepare.

Excellent book. Simply laid out, well written & backed up by research. The author doesn't just suggest what to do, but helps you actually put things in place to get them done. There's info on macros, calories, weight loss & muscle gain, common myths, how to calculate RMR, how to track calories & macros, HITT, exercise routines (with reps and sets), goal setting, tips on accountability etc. Very comprehensive for such a quick read!

this is really the only book you need to lose some weight. It gives thorough details about the process, how the body works, then it explains what we should eat to lose the extra weight faster, it even provides recipes. What i loved more was the exercises though. They weren't exhausting at all, easy to follow and in combination with the recipes it is the only book needed!

This "Macros" style dieting consisting of a concentration of macronutrients, is a sensible approach to losing weight and gaining muscle. It is a straightforward approach to being successful with a wide range of recipes included. You really don't feel like you are missing out on anything. The recipes are awesome!

The writer has used very simple language that anyone can understand. This book is really amazing and useful book. I just love this book. It's really super. This book helped me to achieve that purpose. I have been able to shed some tummy fat and do some ab exercises. Thanks Thomas.

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