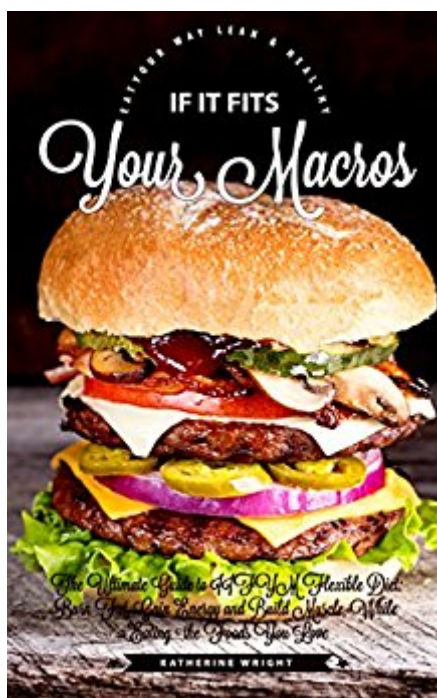


The book was found

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

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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.

I think this has been a detailed book. This is the first time that I heard about the IIFYM diet and I am personally well informed now. It is awesome to know that dieting need not mean that we must deprive ourselves of the foods we love to eat. This book has proven that eating can even pave the way to being lean and healthy. And this book will also go an extra mile in making readers understand the right way to diet--the IIFYM way.

The book was super short and basically skimmed the idea of IIFYM. I cannot believe I spent over \$9 on it!!! One could do a quick google search and find an article or two with similar information. The book contained no meal plans, no restaurant suggestions or help, just one link to figure your macros. Beyond disappointed that this is even considered a book- it is more like a blog post with a cover.

This book is basically an opinion on how awesome The Macro diet is. If you are looking for a more informational book on how to start and use the diet, don't get this book. It's a waste.

Basically, This book aims to educate the readers about the flexible dieting system or IIFYM (If it Fits

your Macros) by giving them a full picture of what advantages it has compared to other dieting programs nowadays. Though it was a short read, yet it was concise and it packed a lot of tips on how to shed those extra pounds off without being deprived of some of the things you like while on the diet process. I will certainly try this out. This is a recommendable book.

This is the first time that I have heard about the IIFYM Flexible Diet. And I must say that it does sound impressive. For anyone under a diet, anything that will make the process a bit easier is always welcome. This book has clearly shown the readers that they can lose weight, build muscles, burn fat, gain energy WHILE eating the foods they love. I think that this is more than enough for them.

What I learned from this book is the balance of macronutrient balance across every meal. There are tables with meal plans that clearly show the differences of having balanced and imbalanced food consumption. There is so much to be gained just by reading the tips by the author here. With practice, I can eventually find a meal plan that can work for my body.

Do not buy this book. It's only a few pages long and u can get all of this information by doing a quick web search. Not worth the cost at all.

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