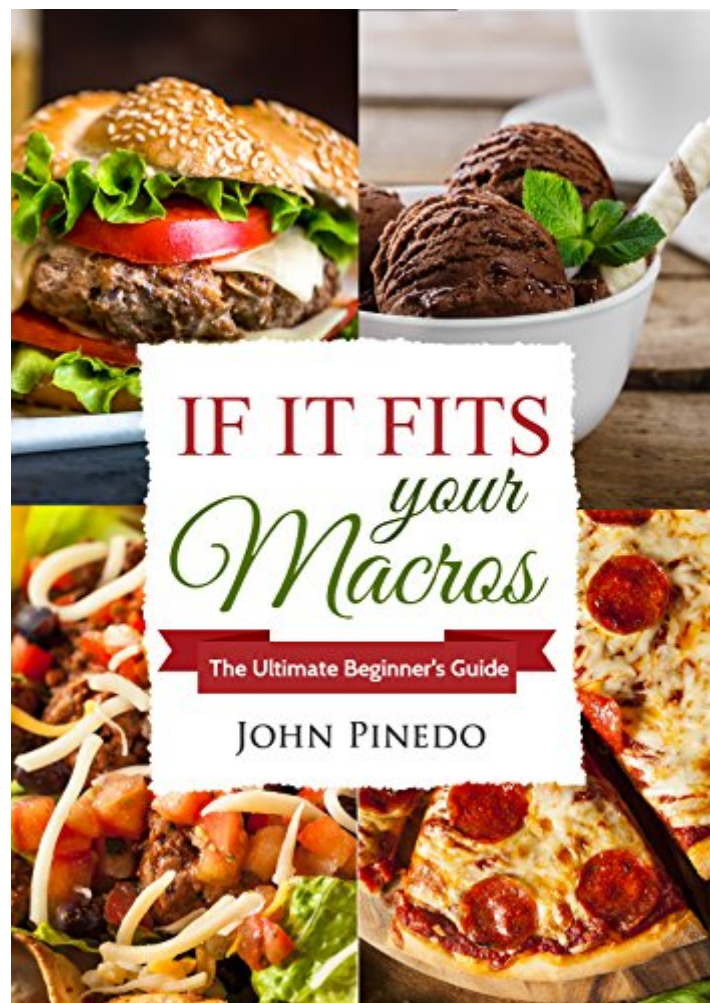


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# IIFYM: If It Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss)



## 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...

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## Book Information

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## 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!

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