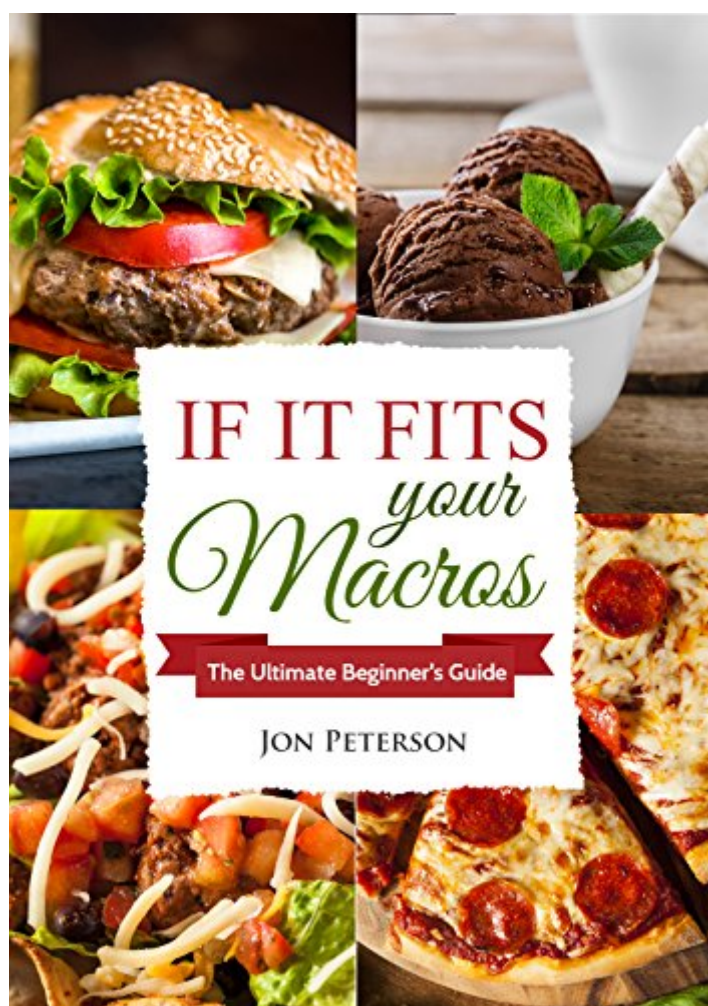


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IIFYM: If It Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss Book 1)



Synopsis

IIFYM - Lose Fat Without Giving Up the Foods You Love! 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 to lean and shredded. Whether you are looking to get skinnier or get as lean as possible, IIFYM allows 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.

Awesome and perfect book. I like this book. This book totally great. The best way to combat this simply adding some volume to your meals to create the "full" feeling. This is a very simple trick, but it works. I highly recommend this book. By the way, I have enjoyed this book.

I love the book. I know it is basic as it is meant for starters like me. I appreciate how IIFYM introduced me to diets and how not to be so painful in having a guide to your food intake. Good thing this book has something that interest me more and pursue what I have already started.

The book has some decent information, but it is really geared more towards those that might have the Myfitnesspal app or are looking into purchasing the app.It covers how to use the app, more than anything else.

Thorough how- to on using MFP with IIFYM. This is not a recipe book. I will refer to it again I'm sure, it has great information.

This is my first read about IIFYM kind of diet and I am satisfied with the information I got from this reading. What inspired me to use this diet is that I can still eat the foods I love while losing weight.

Love the method of explanation. I highly recommended reading if you are interested in IIFYM. Very easy to understand. Thank you

I expected a little more than what I got. Not recipes or anything.

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