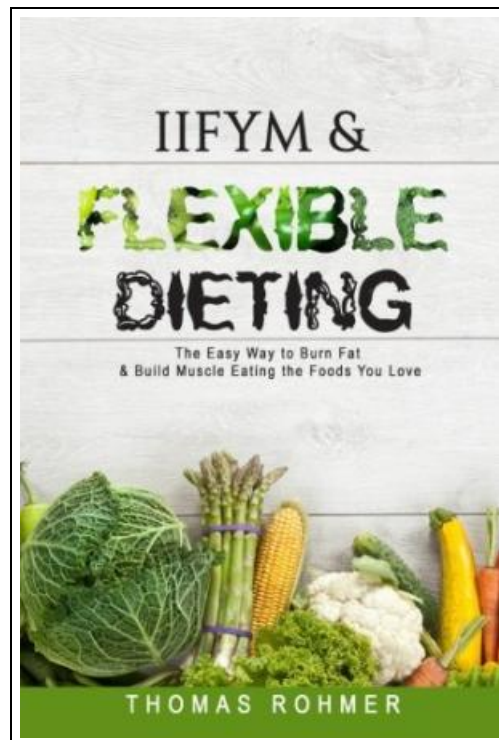


Iifym Flexible Dieting: The Easy Way to Burn Fat Build Muscle Eating the Foods You Love (Paperback)



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Reviews

Definitely among the best book I have possibly read. I have study and i am sure that i will going to go through once more once more later on. Your lifestyle span is going to be convert when you full looking at this publication.
(Prof. Damon Kautzer III)

IIFYM FLEXIBLE DIETING: THE EASY WAY TO BURN FAT BUILD MUSCLE EATING THE FOODS YOU LOVE (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.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...



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