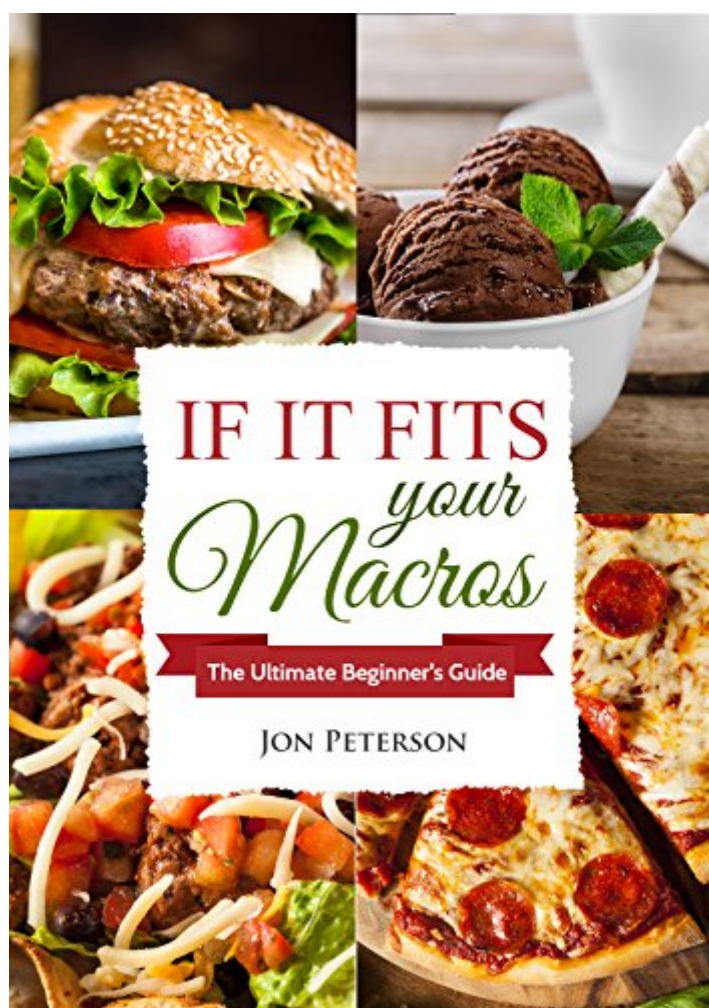


The book was found

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...

• Scroll to the Top and Click the "Buy Now with 1-Click" Button •

Book Information

File Size: 2500 KB

Print Length: 87 pages

Page Numbers Source ISBN: 1542637716

Simultaneous Device Usage: Unlimited

Publication Date: August 30, 2016

Sold by: "Digital Services LLC"

Language: English

ASIN: B01LBU8HF2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #98,816 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Work-Related

Health #20 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition >

Macrobiotics #29 in Kindle Store > Health, Fitness & Dieting > Nutrition > Macrobiotics

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.

[Download to continue reading...](#)

IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss Book 1) Flexible Dieting and IIFYM Cookbook (If It Fits Your Macros): 31 High Protein Recipes to Help You Lose Fat and Build Muscle 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) IIFYM & Flexible Dieting: The Easy Way to Burn Fat & Build Muscle Eating the Foods You Love – Includes Over 40 Macro-Friendly Recipes! Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) The Weight Watchers Cookbook: SmartPoints Guide with 50 Delicious Recipes for Rapid Weight Loss! (Weight Watchers Low Fat Low Carb Weight Loss Diet Book) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1)

Contact Us

DMCA

Privacy

FAQ & Help