



## If It Fits Your Macros: The Ultimate Flexible Diet Guidebook: Eat Whatever You Want. Get Lean. Lose Fat. (Paperback)

By Connor Harper

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you are ready for a change away from fad diets, food fasts and exercise regimes that are impossible to maintain, then, the good news is, there is an alternative approach that really works!! Getting into shape has been overcomplicated by the fitness industry. People are drawn to the latest slimming programs and pricey meal plans which just don't work long term. This book provides a no-nonsense comprehensive guide for the renowned Flexible Dieting method. Also known as the IIFYM (if it fits your macros) diet, you will learn fundamentals that most people never hear about! There is no sales spiel where you need to buy a fitness course, no purchasing of meal plans and super foods to go with it, just PURE BODY SCIENCE and concepts that WORK! Here is a Preview of What You'll Learn in This Book: Key Flexible Dieting and IIFYM concepts which show the #1 key to losing fat whilst sculpting your body! Clean eating compared to OFF LIMITS foods. Why you have been misled to master fitness and disciplined eating to keep you on track...



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