



Flexible dieting : The Ultimate Guide to Flexible Dieting IIFYM: (Learn to enjoy food that you love while loosing or maintenaing weight, Loose weight , fat loss , atkins , ketogenic)

James Cooper

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The Ultimate guide to Flexible Dieting IIFYM : IF IT FITS YOUR MACROS

Have you ever been tired of eating vegetables and fish to loose weight , or eating rice and chicken to gain muscle ?

While now with flexible dieting you can do both !!!

What's Flexible dieting ?

Flexible dieting is a process of eating different kind of food , base on their macro-nutrients , you can eat any type of food as long as it fits into your requirement that you set towards your goal .

Today only, get this Kindle book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

All other guides look the same why ? cause they are the same and typical boring books , the same recipe trap book as well as the few other things ? No !!! In this book you will have way more !!

Why this book is different ?

This guide will help you on :

- Understand Flexible dieting and the difference with clean eating
- Why choose Flexible dieting and the benefits
- The cons of flexible dieting and what you shouldn't doing
- Getting started as a beginner
- How to get the ideal body with flexible dieting
- The tools that can help you everyday .

etc.....

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Tags : Ketogenic diet, recipes , iifym , bodybuilding ,protein , fat , carbs , low carb, intermitent fasting , lean , carb cycling , fitness , nutrition



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Caleb Hutto:

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Gary Wilson:

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