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*Chris Smith*

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*Chris Smith*

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The primary concern of most dieters is that they are having a hard time controlling their selves from eating the food they want. Most of the diet programs restrict the dieter's food intake thus resulting from unhealthy way of losing fat.

With IIFYM, you can eat the food that you want and at the same time gain the muscle that you want and lose those unwanted fats. This book will guide you how to do the Flexible Dieting without affecting your everyday activities. Definitely, this book will help you get in shape long term.

## **Here Is A Preview Of What You'll Learn...**

- What Is Flexible Dieting?
- How To Do Flexible Dieting
- Understanding IIFYM (If It Fits Your Macros)
- How To Get Lean Fat Through IIFYM
- Flexible Diet Myths
- Losing Weight By Tracking Your Macronutrient Intake
- Basal Metabolic Rate And Flexible Dieting
- What Is Carb-cycling?
- Get In Shape Using The IIFYM Calculator
- Much, Much More!

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