



# **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)**

*Katherine Wright*

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## **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**

Hi, I'm Katherine (Katy) Wright,

Over the years I have tried everything under the sun in order to lose weight and stay fit. My enthusiasm for fitness and diet have led me to find out exactly what does and what doesn't work. I've previously written about the subject of losing weight without picking up a weight or hitting the treadmill; but in this guide I'm going to show you how to kick your body's metabolism into overdrive simply by sticking to the basics. Eating the foods you love within some simple to follow boundaries.

This book contains proven steps you can take from flabby to fit by eating the foods you like.

What you'll find in this 30 page guide is a unique and fundamentally sound way to eat that has you enjoying food and losing weight. If It Fits Your Macros isn't totally new but it is impressive how well it works. Build an understanding of what IIFYM. I've included eating strategies as well as a fitness plan that will see you reach your goal of a fit, lean and healthy body.

### **Here's just a LITTLE of what you'll discover in this incredible guide. . .**

How to challenge yourself so you'll crush your fitness goal

Don't wait, you'll want to put this information to use as soon as possible.

**Get this Awesome Guide for just \$2.99. Regularly priced at \$4.99**

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