



Flexible Dieting: How to Lose Weight and Build a Leaner, Stronger Body While Eating The Food You Love (If It Fits Your Macros, IIFYM) (Flexible Diet, Weight ... If It Fits Your Macros, Muscle Building)

Nathan Bennett

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Sick and tired of following crazy, restrictive, unsustainable and unenjoyable diet plans? Maybe what you need is something a bit more... Flexible!

Hi there.

Welcome to Flexible Dieting - your one-way ticket to achieving your body goals while actually *enjoying* the process.

If, like most people who embark on a journey towards achieving the body of their dreams, you've become tired of religiously following some super-restrictive diet plan which is both unenjoyable and unsustainable long-term *and* leaves you craving your Saturday night cheat meal while gnawing on celery sticks all week long, you may just want to stick around while I explain something to you real quick.

You see for *years*, weight loss / dieting gurus have been pumping out countless new "hidden", "breakthrough" or maybe even "top secret" diet plans which do nothing more than line the gurus' pockets while setting up those who buy into these plans for failure.

Why?

Because most of these plans are far too extreme to be sustainable long-term, which means that even if you stick to them for a little while you'll eventually revert back to bingeing / eating poorly on a more severe level that you were before.

If you've tried out some of these plans yourself but haven't achieved any real tangible results, don't worry because ***it's not your fault.***

Fortunately, there is a solution - a way to lose weight and achieve your dream body *without* making any of the sacrifices necessary with almost all of the diet plans out there today.

That solution is ***Flexible Dieting***.

Not a Diet, but a Common Sense Lifestyle.

Flexible Dieting is not like any regular diet plan because it's not really a diet at all. Instead, it is a common sense lifestyle which focuses on your daily macronutrient intake and body composition to achieve whatever physique goals you have in mind for yourself.

In plain English, what that means is you can eat all of the foods you really *love* and maintain a fun, sociable *lifestyle* all year, every year while working towards your ideal body.

Flexible Dieting is quickly gaining mass recognition and is being adopted by countless more people across the globe as the solution to perpetual and totally outdated “fad diet one week, binge eat the next” cycles of disappointment.

Want to lose weight? No problem.

Want to gain lean muscle? Easy.

Want to maintain a healthy body all year, every year? Piece of cake (*yes, you can eat that!*)

There's Lots to Learn. Here's What's Covered In This Book:

(Preview the books above to see a more in-depth breakdown of what's covered in each chapter.)

- Diets: What's The Point of Them Anyway?
- What is Flexible Dieting?
- Flexible Dieting vs. Strict Dieting: An In-Depth Comparison
- Flexible Dieting Truths & Misconceptions: Filtering Out the B.S.
- Macronutrients for Flexible Dieting
- How to Create Your Own Flexible Diet
- Staying Flexible Long-Term

For a limited time only, you can download this life-changing book for only \$0.99 (normally \$2.99).

To download your copy now, simply click the “Buy Now” button above.

Flexible Dieting is available on Kindle as well as all mobile devices, laptops, pc's and macs.

Welcome to your new flexible lifestyle.

See you on the inside!

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From reader reviews:

Donna Vazquez:

Hey guys, do you really want to find a new book to see? Maybe the book with the concept Flexible Dieting: How to Lose Weight and Build a Leaner, Stronger Body While Eating The Food You Love (If It Fits Your Macros, IIFYM) (Flexible Diet, Weight ... If It Fits Your Macros, Muscle Building) suitable to you? The actual book was written by well-known writer in this era. The book entitled Flexible Dieting: How to Lose Weight and Build a Leaner, Stronger Body While Eating The Food You Love (If It Fits Your Macros, IIFYM) (Flexible Diet, Weight ... If It Fits Your Macros, Muscle Building) is the main one of several books that everyone reads now. This kind of book was inspired a lot of people in the world. When you read this guide you will enter the new dimensions that you ever knew just before. The author explained their concept in the simple way, thus all of people can easily recognize the core of this guide. This book will give you a large amount of information about this world now. So you can see the represented of the world within this book.

Daniel Kirk:

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Sylvia Grable:

In this period globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The actual book that recommended for you is Flexible Dieting: How to Lose Weight and Build a Leaner, Stronger Body While Eating The Food You Love (If It Fits Your Macros, IIFYM) (Flexible Diet, Weight ... If It Fits Your Macros, Muscle Building) this book consist a lot of the information of the condition of this world now. This book was represented how do the world has grown up. The terminology styles that writer use to explain it is easy to understand. The writer made some investigation when he makes this book. This is why this book ideal all of you.

Peter Delaune:

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