



Fits Your Macros: The Flexible Dieting 101 Cookbook Along With a Guide to Flexible Dieting To Build Healthy and Lean Muscles

Martha Stone

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Are you frustrated with all your weight loss plans? Do you sick of consuming similar bland food? This Guide to Flexible Dieting proves helpful to reduce weight and built healthy muscles. This diet has some recipes to managing the fats, protein, and carbohydrates in your diet. You have to track macronutrients in your diet, and this can be done with the help of this cookbook. In this cookbook, Fits Your Macros: The Flexible Dieting 101 Cookbook along with a Guide to Flexible Dieting to build healthy and lean muscles, you will find flexible dieting recipes. These recipes are delicious and maintain a decent level of macronutrients in your body. You will get 25 delicious recipes to make breakfast, dinner, and lunch. There are some snacks and dessert recipes to satisfy your hunger in unusual hours. Each recipe is given with complete instructions and guidance. You can see the final result of the recipe because images are also given with each recipe.

This book offers:

- Flexible Dieting Breakfast Recipes
- Flexible Dieting Lunch Recipes
- Flexible Dieting Dinner Recipes
- Flexible Dieting Desserts and Snacks

The Flexible Dieting 101 Cookbook has 25 unique recipes for your guidance. You can confidently follow these recipes to managing a healthy weight and build lean muscles.

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