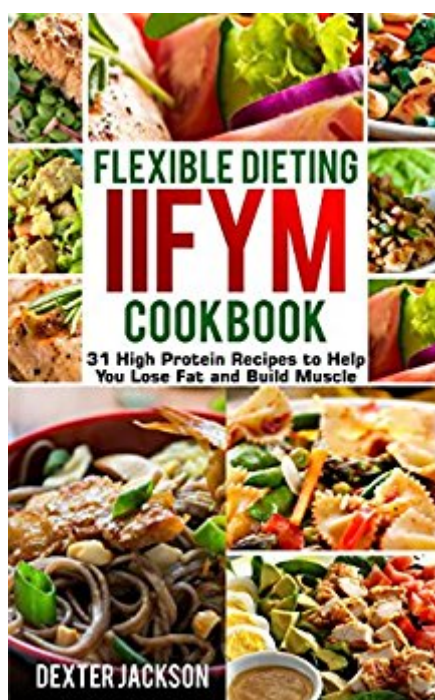


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# Flexible Dieting And IIFYM Cookbook (If It Fits Your Macros): 31 High Protein Recipes To Help You Lose Fat And Build Muscle



## Synopsis

Enjoy these 31 days of High-Protein and Macro-Friendly recipes! Includes calories and macros of everything! Buy the Paperback version of this book, and get the Kindle eBook version included for FREE! Built for increasing muscle mass due to high protein content, but also losing weight because the macros can fit very nicely into your macro split! Includes many recipes for all occasions such as breakfast, lunch, dinner, dessert, and snacks. Perfect for anyone who utilizes the concept of Flexible Dieting & IIFYM and wants to add some change into their diet, because it can sometimes become repetitive. This collection of recipes is designed and compiled to help you make the most out of your flexible diet as well as give you a wide variety of different foods to keep your eating habits not only healthy, but delicious as well. With each recipe, you will not only find the ingredients and step by step instructions, but you will also find the proper serving size and calories per serving to make sure you get all the information you need before diving into any one of these delectable dishes. Sneak peek of the kind of recipes you will find inside: Protein PACKED Pancakes Chicken Burrito Bowl Protein Rich Cheesy Mac n Cheese Protein Rice Krispy Treats Chocolate Caramel Muffins Orange Coconut Bars And many more! I really hope you enjoy trying out these high protein recipes, and I'd love to hear back from you what you think! Do yourself a favor and check out these recipes!

## Book Information

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## Customer Reviews

This Flexible Dieting cookbook has lots of recipes I have never tasted before. Just like on e of the craziest recipes I have ever heard of; The fruit pizza, and there is not just this one but many more in the Flexible Dieting cookbook. The cookbook is divided into 4 sections: Breakfast (relatively easy recipes), Lunch, Dinner (bit heavier meal designed to fill your entire family), and Small meals (snacks and sides). If you are looking for some healthy meals for mixing into your Flexible Dieting you need to checkout this cookbook.

I bought this book because of the cover that said: "31 high protein recipes to help you lose fat and build muscles". This is exactly what I was looking for. I believe in the importance of proteins in human diet. Our body is mainly made (or let's say: should be made) of protein (if you don't count water, of course). Everything important in our body is protein: muscles, skin, hair, fingernails, internal organs...and...also our heart! So, this book about high protein recipes is perfect. Also, many of the recipes use protein smoothie powder as ingredient. Which is another good point for me, as I use protein shake preparations since more than 10 years and that is also what I encourage my customers to do. Now, "shake-shake-shake" can end up boring, and many people are looking for more creative ideas: How to use protein shake powder to prepare more elaborate dishes. Here it is, a nice cookbook that gives a lot of ideas. But wait, there is something else about this book. It is actually written in a very particular style. For me, the recipes are narrated like a story. A "food novel". It's a kind of voyage through high protein recipes. I loved it.

Wow This is great Cookbook, Nice recipe, Amazing dieting book Like, Perfect for anyone who utilizes the concept of Flexible Dieting & IIFYM and wants to add some change into their diet, because it can sometimes become repetitive. This collection of recipes is designed and compiled to help you make the most out of your flexible diet as well as give you a wide variety of different foods to keep your eating habits not only healthy, but delicious as well. With each recipe, you'll not only find the ingredients and step by step instructions, but you will also find the proper serving size and calories per serving to make sure you get all the information you need before diving into any one of these delectable dishes.

Flexible Dieting and IIFYM Cookbook contain high protein recipes to help you lose fats and build muscles. Sometimes you just want one of the classic desserts and you have all the options in this book.

The book is really fun and engaging, the recipes are fantastic and well explained, no special techniques are required while preparing the recipes described. The recipes are very good and taste amazing. This lifestyle is perfect if you want to live a healthy life. Definitely recommend to everyone who cares about their health.

Flexible Dieting and IIFYM Cookbook is an amazing book. Perfect for anyone who utilizes the concept of Flexible Dieting & IIFYM and wants to add some change into their diet, because it can sometimes become repetitive. The author did her job as well as good.

This book about high protein recipes is perfect. It's an awesome guide. Highly recommended. Sometimes you just want one of the classic desserts and you have all the options in this book.

This book teaches me if it fits my macros it means this kind of diet suits me well. This flexible dieting and IIFYM Cookbook is best designed to increase muscle mass and more.

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(Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Lose Weight Without Dieting or  
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Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Low Carb: Low Calorie  
Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and  
Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1)  
High Protein Low Carb Cookbook: Delicious High Protein Low Carb Recipes For Helping You Burn  
Fat Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low  
Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose  
weight, how to lose body fat)) Carb Cycling: Unleash Your Body's Maximal Potential to  
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