



Flexible Dieting ifym Box Set #1 Flexible Dieting 101 + the Flexible Dieting Cookbook: 160 Delicious High Protein Recipes for Building Healthy Lean Muscle Shredding Fat

By Scott James

Createspace, United States, 2014. Paperback. Book Condition: New. 202 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.Lose Weight, Get Shredded Build Lean Muscle Eating The Foods YOU Love THE ULTIMATE BOX SET TO BUILD THE BODY OF YOUR DREAMS Presenting To You An Enjoyable, Sustainable Diet Designed Primarily For Results. No BS Here Is A Preview Of What Flexible Dieting 101 Contains. Debunking of the clean eating myth, why the diets you are lead to believe work actually don t Why Flexible Dieting is quickly becoming the #1 method for sustainable weight loss and muscle gain I will explain WHY and HOW you can eat your favourite foods while achieving the physique of your dreams The #1 reason why starving yourself will actually make you GAIN weight (shocking answer!) WARNING: how your metabolism may be damaged from previous dieting attempts and how to fix this The difference between weight loss and fat loss and its importance to you How to accurately track your progress without using those inaccurate scales The realistic expectations of weight loss and muscle gain, how quickly you will expect to see results The ONLY supplements I personally recommend and use...



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