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Meal Prep For Weight Loss: Transform Your Body By Batch Cooking Easy Healthy Meals The IIFYM Way (If It Fits Your Macros Meal Prepping)

Transform Your Body By **Batch** Cooking

MEAL PREP FOR WEIGHT LOSS



Easy Healthy Meals
the IIFYM Way



Lily Sims



Synopsis

Learn How to Calculate Your IIFYM Macros & Create A Custom Meal Plan The IIFYM philosophy is that you can enjoy all your favorite foods, from every food group as long as you stick to your macronutrient and caloric budget. This means you will be able to eat delicious meals that are satisfying, filling, and healthy while still losing weight and achieving your fitness goals. Want to make IIFYM even easier? Meal Prepping is the answer! Pre-make all of your meals for the week so that you don't ever have to think about what you're going to eat. It's not easy to cheat when you've already got a healthy, delicious meal waiting for you. The best part is that you can do this in just a couple of hours for the entire week. It's not difficult, and it does not take a long time. If you're ready to make a shift that can potentially change your life, click the "Buy Now" Button. Kindle Unlimited readers get this book FREE!

Book Information

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Customer Reviews

In a field that can swallow you up with minutiae & details, This is a short, keep it simple view of how to stay on the road to health without going off the OCD deep end of being a food NAZI! Enjoyed

I thought this was going to have recipes for me to use but it's just a bunch of stuff I already knew and no recipes.

Some good info was provided in this book. I'm just starting & now have somewhere to begin! Shopping should be easier now that I know what to look for as well.

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