



# **IIFYM: If it Fits Your Macros: Understanding the IIFYM, Clean Eating and Flexible Diet Plans**

*Joel Cruz*

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**IIFYM: If it Fits Your Macros: Understanding the IIFYM, Clean Eating and Flexible Diet Plans** Joel Cruz

This book is an informative view on the latest diet trend called Eating to your Macros or If it Fits Your Macros hence the abbreviation IIFYM.

This book will help give you a basic understanding of what this new diet trend looks like and how you can easily incorporate it into your lifestyle.

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