



Macro-Banking for Fat Loss: A Guide to Help You Get 6-Pack ABS While Enjoying the Foods You Love! (Paperback)

By ACSM-CPT Pt Dpt Evsich

Palmetto Publishing Group, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you want to learn the techniques and guidelines I use that allows me to eat cereal, pancakes, and ice cream while dieting to reveal my 6-pack? If you answered yes, Macro-Banking for Fat Loss is for you! This book not only includes an easy-to-understand analogy of nutrition and dieting to financial budgeting, but also includes explanations of calories, macronutrients (protein, carbs, fats), the correlation of calories to macros, individuality of caloric and macro requirements, micronutrients, alcohol, nutrition labels, weighing yourself, IIFYM and Flexible Dieting, how to use the provided analogy for everyday food intake, and much more! Let me teach you the art of Macro-Banking in its entirety and help you reap the rewards of unrestricted dieting at its finest!.

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