

# Guide To Flexible Dieting

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**the simplified guide to flexible dieting: part 1 |** - What is Flexible Dieting? Flexible Dieting, also referred to as IIFYM (If It Fits Your Macros) is an approach to dieting which focuses on the macronutrients

**beginner's guide to flexible dieting #1 | what is** - Feb 28, 2015 I've gotten a lot of requests for this video/series, so hopefully this is helpful! In this video, I just go over the very basics, but I will be going more

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**the top five benefits of flexible dieting | hunt** - Joe String J Fitness Alright, so today I want to take the time to discuss the diet (well, if you even want to call it a diet ) of all diets flexible dieting.

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