



## Slow Cooker Iifym Cookbook: Over 51 Delicious Recipes for Flexible Diet (Paperback)

By Jon Peterson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Slow Cooker Cookbook for Flexible Dieting Have you been struggling to start living a healthier lifestyle? What if I told you it was possible to eat whatever you want and still lose weight? When following If It Fits Your Marcos, (IIFYM) or flexible dieting, it can be achieved. With IIFYM, there are no food restrictions, it is easier for people to follow, and you can eat the foods you love while still losing weight. As long as the foods/meals fall under your given marcos, you are free to consume them! Sounds pretty awesome, right? To start cooking your way to a healthier you, scroll to the BUY NOW button and click away. Then read on any of your favorite devices.



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