



# Macro-Based Dieting 101: A Guide to Following the 'If It Fits Your Macros' Diet Program

*Wendy Watkins*

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**Macro-Based Dieting 101: A Guide to Following the 'If It Fits Your Macros' Diet Program** Wendy Watkins

Welcome to the most flexible, results-getting nutrition plan on the planet!

Macro-based dieting has become a popular method of creating a balanced nutrition plan because it's flexible, precise and once you get the hang of it, can be one of the least restrictive ways of eating because no foods are off-limits, as long as you can reasonably make them fit in your plan.

This book outlines how to calculate your macros as well as how to create meal plans that follow your unique macro guidelines.

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