



# Finding your Macros

*Jessica Gilmartin*

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## **Finding your Macros** Jessica Gilmartin

This book is written to help you start your journey and learn about Macronutrients. It is a quick easy guide with straight to the point information leaving out all the deep confusing scientific jargon. My goal is to help beginners start their own journey in a very basic manner. It is the best e book on the market to help you start your journey through living a flexible dieting lifestyle. There will be 2 other e books released with more extensive information regarding fasting and reverse dieting.

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