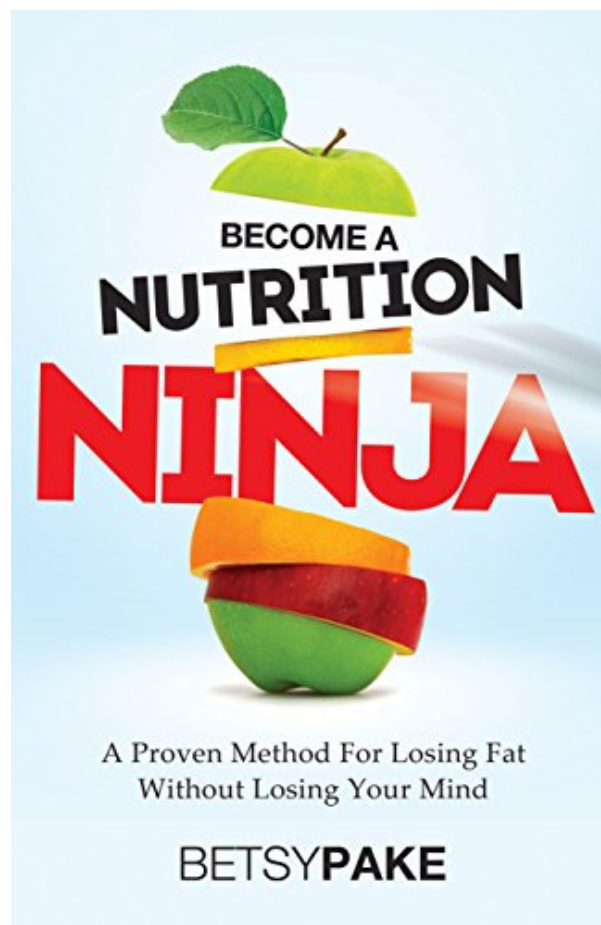
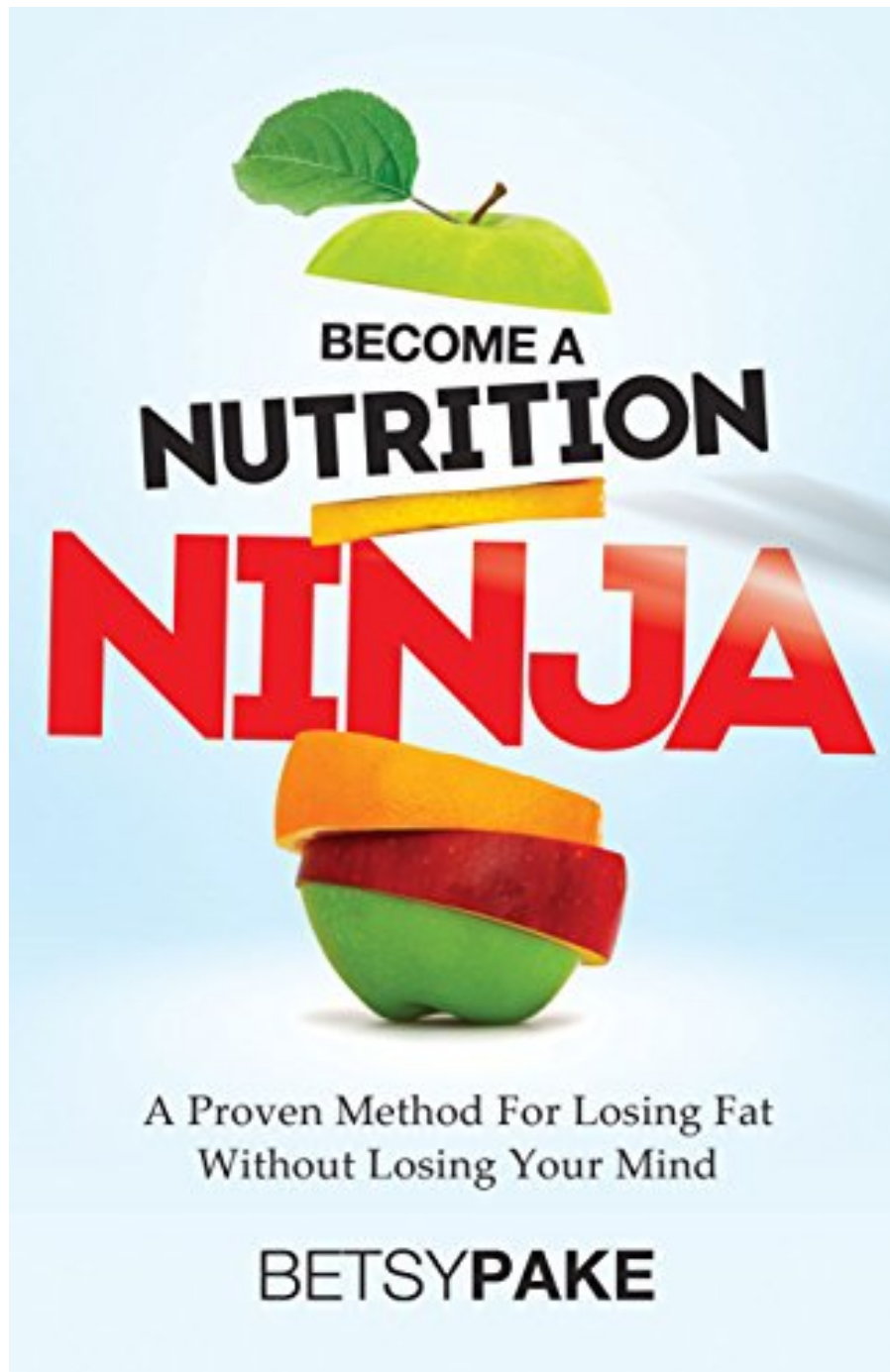


BECOME A NUTRITION NINJA: A PROVEN METHOD FOR LOSING FAT WITHOUT LOSING YOUR MIND BY BETSY PAKE



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From the Author

Betsy is a Flexible Dieting Coach and decided to write this book after being asked so many times for the 'magic formula' to flexible dieting. She lays it all out inside the pages of this book, but believes the secret sauce is having accountability. She enjoys helping her clients change their bodies and their lives by coaching them through this process step-by-step. Be sure to download the workbook through the link at the beginning of the book to help you on your journey.

About the Author

Betsy Pake is a Precision Nutrition L1 Certified coach, the creator of The Nutrition Ninja program and works with clients all over the country to look and perform how they want.

She is passionate about helping people find clarity, be inspired and get busy working toward a life they love, and she believes this starts with health and fitness.

Betsy has competed in bodybuilding competitions, ran a marathon and began competing as an adult in Olympic Lifting Competitions, winning a bronze medal at the 2015 Pan American Masters. She's used the techniques found in this book over the years to obtain the body and have the performance that she wanted.

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Frustrated with your diet?

Tired of starving yourself and not seeing results?

Don't understand what your body really needs?

Not making progress with getting the body your desire?

You are not alone.

This book will teach you how to stop worrying about what you are eating, have clarity on when and what to eat and learn a simple tool that can help boost your weight loss.

Flexible Dieting is a proven program of eating a prescribed amount of macronutrients every day (Fat, Carbohydrates and Protein). By using this book, you will learn a simple framework to create your customized plan and start tracking your macros and reach your goals.

You can get lean, have energy and feel in control without adhering to a strict meal plan that you could never maintain. With flexible dieting, you can be 'flexible' and eat foods you love while having balance with foods you need, to build the body you want.

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Most helpful customer reviews

3 of 3 people found the following review helpful.

Good read for a lifestyle change

By Leah Bader

Very easy read on flexible dieting. Makes you understand the material and there is no shaming. Sometimes with lifestyle books you can feel guilty reading them as it points out the many wrongs you do, but this is a book that simply states it's purpose and shows it wants to help you.

Definitely a great read and will help understand how you can better your body as a lifestyle and not a temporary change

3 of 3 people found the following review helpful.

A brilliant book I wish I had months ago

By picklepaleochef

Finally, it all makes sense! As a chef and clean eater, I could never understand why it was such a struggle keeping the extra weight off. The author does a fantastic job at explaining flexible dieting and the importance of adjusting macros to find what works for your body. The book is detailed in explanations yet easy to read and follow, with a delightful tone. A must have book for the New Year.

3 of 3 people found the following review helpful.

A simple easy to follow way to live

By Mom26

A simple easy to follow way to live. There are no difficult scientific explanations but at the same time Betsy manages to lay out the how's and why's in a way we can ALL understand and apply. It's a "it's not rocket science" kinda book written in a friendly voice that will appeal to anyone interested in figuring out the whole food/weight thing.

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