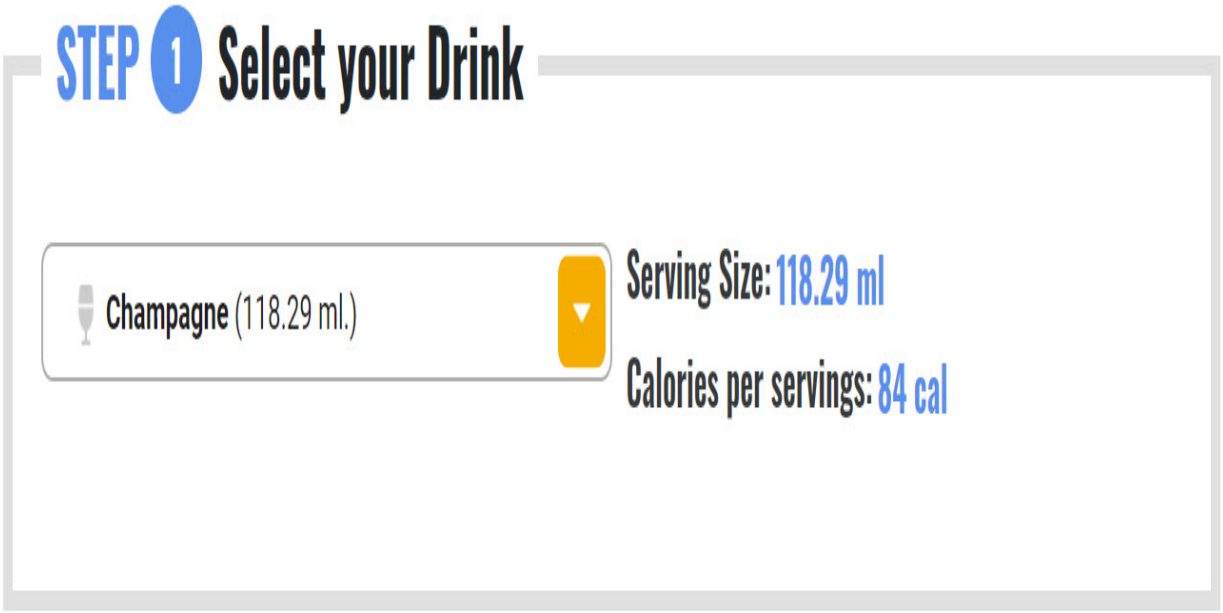


IIFYM Releases New Alcohol Diet Calculator For Weight Loss Program

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IIFYM, based in Tempe, Arizona, has announced that they have just developed and released the alcohol diet calculator. IIFYM points out that this new macro calculator is for those who want to go out for a drink and not worry about their diet. This is because the calculator allows them to know the exact number of calories in their drinks so that they can convert them into carbs and/or fat. The benefit is that they can comply with their macro tracking diet so that they are able to burn fat without having to suffer from restrictive and boring meal plans.

Anthony Collova, founder of IIFYM, explains, ?I truly understand just how difficult it can be to navigate the weight loss process as someone who does not know anything about the topic. Every website talks about tracking your macronutrient consumption, though none of them explain how to do it. This is what led me to create the first macro calculator over 10 years ago, as I got requests from meal plan coaches and fitness coaches who asked me to build a diet calculator that would allow their clients to reach their ideal body weight. This was why I had established IIFYM, which means If It Fits Your Macros.?

Anthony Collova continues, ?The newly released alcohol diet calculator is yet another addition to the IIFYM

diet calculators that we have made available as a way to help people get on a diet that allows them to burn fat while enjoying the food and drinks that they really enjoy. Because the diet is not restrictive, people find it easier to keep on complying with the diet, allowing them to achieve their weight loss goals.?

The IIFYM diet plan is based on macronutrients, which are the major nutrients needed by the body to perform its basic processes. These are the nutrients that the body needs in order to survive and these are the carbohydrates, fats, and proteins. These nutrients provide the body with the energy and building materials to grow, repair and develop.

Protein is a vital nutrient that is used for repair and regeneration of the cells and body tissues. It is also vital in the production of hormones and the development and maintenance of the immune system. Meanwhile, fats are vital for cell functioning, brain development, and protecting the body organs from shock. Carbohydrates are the main energy source.

The IIFYM method of dieting is based on a flexible diet approach and is based on the principle that it is not enough to monitor the net calories that are being consumed, but it is also essential to monitor how the various macronutrients are affecting the body. The flexible diet is designed to have a consistent amount of intake calories without having to comply with a specific diet plan and avoiding some macronutrients in order to lose weight. This allows people to personalize their diets in a variety of ways to suit their preferences.

The macro calculators consider the number of calories that the person has to consume in order to attain dietary goals as well as the sources of the calories. It involves determining the amount of every macronutrient that a person has to consumer to achieve the dietary goal.

The macro requirements for a person are determined by his or her specific goals, whether it is weight loss, muscle gain, or maintaining the present muscle mass and/or weight. Usually, the macro intake is adjusted to have a 20% calorie deficit in order to achieve weight loss. And for those who want to lose a few pounds while building muscles, the macro intake is adjusted to have a 10% calorie deficit.

Anthony Collova had established IIFYM as a way to help people have a diet and nutrition plan that is both simple and easy to follow. Those who require more information about the macro diet calculator for alcoholic beverages or the flexible diet plan can check out their website or contact them through the telephone or via email.

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For more information about IIFYM, contact the company here:IIFYMKenneth Brickley(415) 968-5733support@iifym.com1887 Whitney Mesa Dr #6248, Henderson, NV 89014

IIFYM

IIFYM is the originator and founder of https://www.iifym.com which provides its members with valuable plans where they can monitor and calculate your macros, with their one-of-a-kind keto, tdee, bmr, bmi, pcos, as part of an easy and sustainable diet plan

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