

Get Unstuck.

with Flexible Dieting

We know you've tried diets from Atkins to Paleo to Southbeach, and are over it. So are we.

[Free Macro Calculator >](#)

Find your ideal ratio of proteins, carbs & fats for maximum weight loss.



Flexible Dieting means enjoying the foods you love and still getting the results you want.

Flexible Dieting is a way to eat your favorite foods and still lose weight. It's as simple as that. This isn't a get-slim-quick scheme. It's a way to shed unwanted pounds while getting fit eating the foods you want. Our macro coaching will empower you with knowledge, keep you consistent, and hold you accountable.

Macro coaching from Flexible Dieting will ensure you know whether everyday meals fit your macros (IIFYM) and how to choose the right meals at a restaurant.



20g
CARBS

5g
FAT

32g
PROTEIN

Macro Coaching

What's it all about?

1

Knowledge

Forget generalities! Macro coaching is about your specific macro plan. We give you the power to make decisions about foods and activities that are right for you.

2

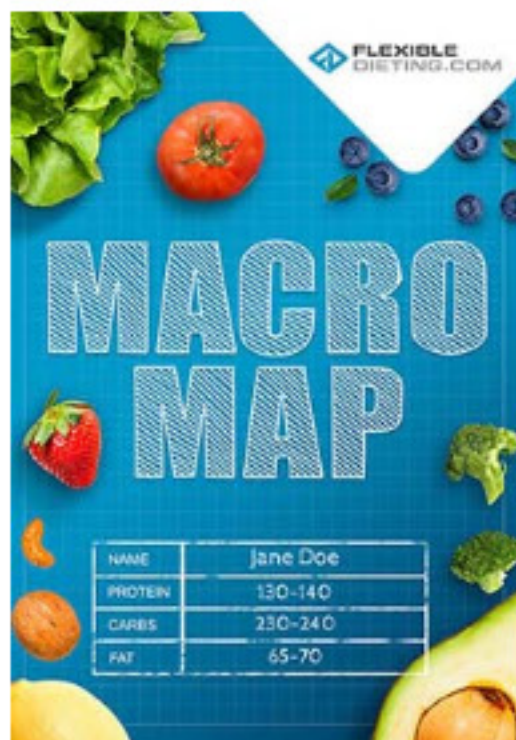
Consistency

Sticking to the plan has given flexible dieters just like you a 100% success rate. They did it and so can you! Missed a day? We all do. Get back on track and keep going.

3

Accountability

Flexible dieting can be challenging. We know that counting macros can be difficult, so we send reminders and check-ins. You will succeed and we'll be there to help.



FREE Macro Calculator

The first step of your journey is discovering if it fits **your** macros (IIFYM). Use our free calculator to find the right ratio of carbs, fats, and proteins specific to you.

[Macros Calculator >](#)


"I have done a lot of diets and weight loss programs and for the first time I really have a better and greater understanding of nutrition. I was able to lose over 100 pounds and not only feel better but I'm off of a lot of my medications and feel healthier and I'm happier. Thank you Flexible Dieting!"

~Joseph



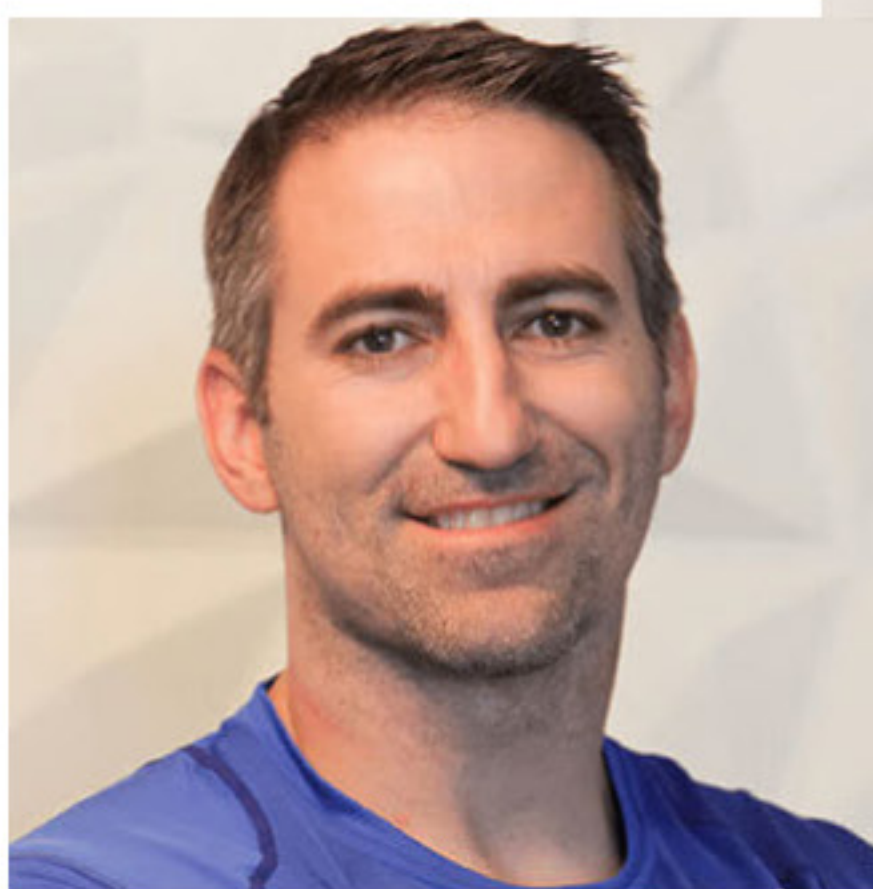
How does Flexible Dieting work?

- ☒ Eat What You Want
- ☒ Know **YOUR** Macros
- ☒ Stay Accountable

Who's behind Flexible Dieting?

Two gorgeous professionals.

Once we discovered the life-changing power of flexible dieting we knew we had to share it with the world. Regardless of your learning style, we've found a proven way to teach you how to balance proper nutrition with a winning mindset. Macro coaching with flexible dieting is the key to a better life. Our proven system gives you the tools and knowledge to be successful in health and fitness.



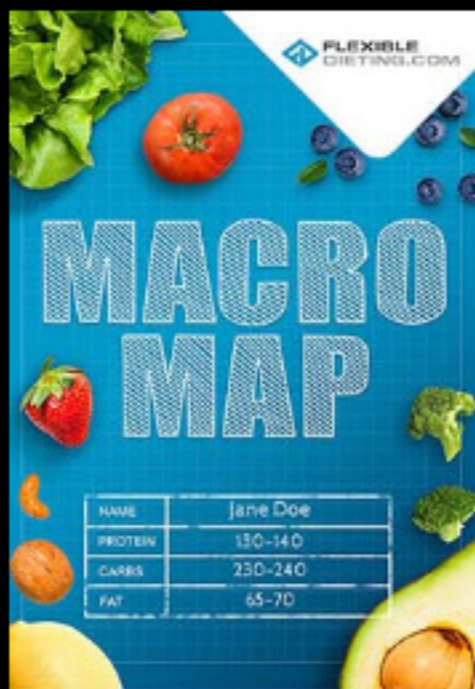
Tyler Mayer

Tyler has been changing lives with flexible dieting for nearly a decade. He's consistently helped clients achieve their self-transformation goals and enjoys celebrating achievements and victories throughout their fitness journeys.



Lee Ann Thompson

Lee Ann is a certified personal trainer whose passion for macro coaching developed over the course of more than 10 years. Her experience has helped people reach their individual fitness goals in a flexible way that makes sense for them.



Macro Diet Plan

Our macro diet plan starts with a customized Macro Map from one of our expert coaches. This detailed roadmap to your fitness and weight loss goals starts at only \$97.

[Get Your Macro Map >](#)

Questions about Flexible Dieting? We're here to help.

[CHAT WITH US](#)