**Lesson #1: Diet Intro**

Hey what's up guys?

Welcome to the diet module.

In this module I'll be explaining what exactly macro nutrients are, how much of each macro nutrient you need based on your attributes, and how to go about exactly tracking these macros.

I'll show you why macro nutrient ratios make absolutely no sense, and I'll show you how to make nutrition efficient on the go.

Also let you guys know about some meal timing myths, and I'll talk to you about intermittent fasting and how it's worked for me, and if it works for you and if you should do it or not.