**Lesson #4 Meal Timing**

Meal timing.

All right, so, do not worry too much about meal or macronutrient timing.

There's a myth going around that the body can only absorb 30 grams of protein in one meal. But this is absolutely false, all right. Eating 150 grams of protein in one meal, will have pretty much the same effect as eating 50 grams of protein over three meals.

Now, ideally, you would want to eat meals with a lot of carbs, right after your workout rather than any other time during the day. This is because, after your workouts, your muscles are depleted of glycogen, right? And your body's much more likely to store those carbs as glycogen rather than fat.

But, do not worry too much about meal timing. All right. It will not make that big of a difference, unless you do what's called intermittent fasting, which we'll talk about in a later video.