**Lesson #6: Alcohol**

Alcohol.

All right, so a lot of people wonder if they can still drink and go out and party and still get shredded and put on muscle.

The short answer is yes, absolutely, you can, although it will be a little bit more difficult. I actually used to drink quite a bit my first couple years in college, and I was still able to stay pretty lean and put on size. But, now that I've stopped drinking, I do notice a big improvement in my physique.

Remember, fitness should never completely control your life. Remember what you're doing it for. Most likely, you're building an aesthetic physique to get girls and have a fun life.

If fitness means you can't have fun, then it is not worth it.

But, you definitely can still have fun, and I'll show you how. Alcohol is not a macronutrient, but it does contain calories.

Alcohol has seven calories per gram.

So, this is where it hurts most people. Most people do not realize that they're consuming so many calories when they drink, so they end up putting on more fat than they want.

If you drink alcohol, at least track it, like you track the rest of your diet.

It's really easy because a lot of drinks have a known amount of calories. To make room for these calories, eat less carbs during the day when you know you're going to go out at night, and then substitute the calories from these carbs with calories from alcohol. So, if you're planning on consuming about 500 calories worth of alcohol, eat 500 less calories from carbs throughout the day.

To give you an example of how many calories are in different drinks, one shot of vodka has about 110 calories. A can of beer has about 150 calories, but remember beer has much less alcohol. Those extra calories come from carbs.

If you want to be the most efficient when it comes to drinking, drink hard liquor straight, so you're just consuming the alcohol and no carbs. That's what I do when I drink, but remember to drink responsibly. I am not liable for any crazy things you guys do.