Why we count Macros

In this short lecture we’ll cover the #1 benefit of tracking your macros.

**What are Macros?**

-Proteins
 -Fats
 -Carbohydrates

**Where can I find them?**

When counting macros, foods with a nutrition label are easy. Just take 30 seconds to look at the label, write them down and move on. Otherwise, use a tracker like MyFitnessPal and measure your food. It’s not that painful, I promise :).
 **What’s the Biggest Benefit to counting Macros?**

Find out here: <https://www.youtube.com/watch?v=EjPNLcy9ako>