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>