

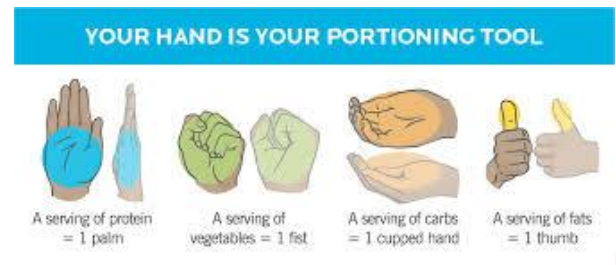
The 2024 Daybreak Summer Nutrition Seminar Series

Lesson 3- A Masterclass on Macronutrients- What Protein, Carbohydrates, and Fat Do in Your Body When You Eat Them!

Part 1- Introduction/The Rules of the Course/Our Current Health Model

- 1) I am the all-knowing nutrition wizard-guru-ninja, I'm always right (Eye roll).
- 2) "The goal is to keep the goal the goal" So, what's yours?
- 3) YOU are in charge of your health. Do NOT outsource it to someone else.
- 4) Understand the principles and make them fit into YOUR life.
- 5) Have fun!

Part 2- What are Macronutrients?



Part 3- Protein- Your Body's Building Blocks



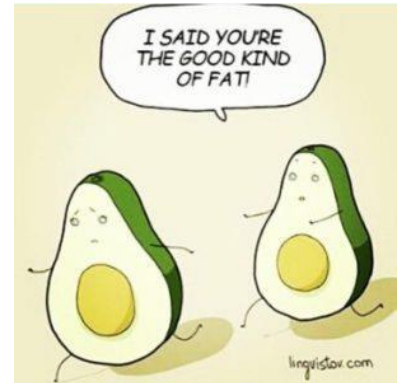
Part 4- Vegetables and Fruit- (Yeah, I know. Not a macronutrient. We're going to talk about them anyway.)



Part 5- Carbohydrates- Jet Fuel For Stress!



Part 6- Fat- “There’s fat IN IT!! It’s going to be in MEEE!” –Jerry Seinfeld



Part 7- Putting it all Together- What the %\$#@ Do I EAT?!?



Homework- Adjust Your Macronutrients to Get Your Desired Effect!

Resources-

Boundless Body Radio- A Masterclass on Macronutrients- Episode One Part One on Protein! (Check out episodes 439, 442, 446, 449, and 452 for each of the two parts of the series on protein, carbohydrates, and fat!

<https://www.buzzsprout.com/1244183/12480722>

All You Need to Know About Proteins, Carbs, and Fats- Macronutrients Explained by Jack Jones

<http://www.thehealthygamer.com/2013/12/19/need-know-proteins-carbs-fats-macronutrients-explained/>

3 Macronutrient You Need & Top Food Sources by Dr. Axe

<https://draxe.com/macronutrients/>

Create the Perfect Meal with this Simple 5-Step Guide (Great infographic) by Precision Nutrition

<https://www.precisionnutrition.com/create-the-perfect-meal-infographic>