

Introduction

Welcome to *The Vitality Guide*. In an era of fad diets, conflicting nutritional advice, and processed conveniences, this manual aims to return to the basics of human nourishment.

Chapter 1

Section 1.1

Macronutrients are the nutrients we need in larger quantities that provide us with energy.

Section 1.2

While macronutrients provide the calorie engine, micronutrients and water are the oil and coolant that keep the engine running smoothly.

Chapter 2

Section 2.1

Counting calories can be tedious and unsustainable for many. A more practical approach to meal planning is the "Balanced Plate Method."

Section 2.2

How you eat is just as important as what you eat. In our fast-paced world, we often eat while distracted, leading to poor digestion and overconsumption.