

A central dark grey rectangular area contains the text "My Metabolic Mastery Profile". This area is surrounded by various items related to health and fitness: blue dumbbells (one labeled "1.5KG") and a green apple in the top left; an orange, a green apple, and a blue water bottle in the top left; a measuring tape and a blue and yellow sneaker in the top right; a blue towel in the middle right; a bunch of green spinach in the bottom right; and a variety of food items including cherry tomatoes, blueberries, strawberries, oats, and crackers in the bottom left.

# My Metabolic Mastery Profile



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# My Nutrition Summary

## My Info

Age		Activity Level	
Gender		Goal	
Height		My Diet Type	
Weight		My Supplement Type	

## My Numbers

BMI		BMR		Calorie Range	
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## My Portions

Proteins		Fats		Carbs		Water (8oz glasses)
servings		servings		servings		
% daily intake		% daily intake		% daily intake		½ body weight in ounces Max 100 oz