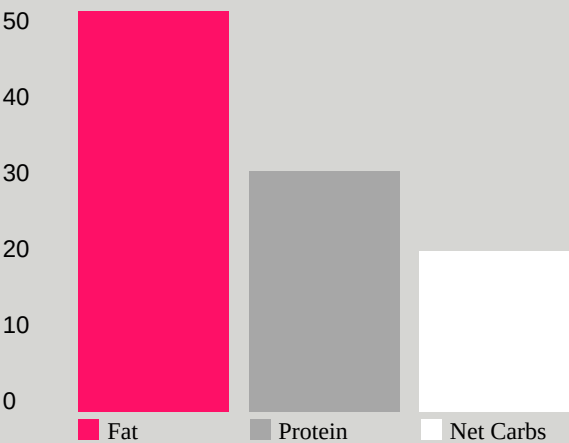


Percentage of Macro Nutrient Ratios



Shan Akbar

ITEM	VALUE
Age	24
Height	5'7"
Weight	128
Body Fat %	N/A
Activity Level	sedentary
Health Goal	maintain

TOTAL CALORIES1850

TOTAL DAILY CALORIES

1850

TOTAL FAT (in grams)

103

TOTAL PROTEIN (in grams)

139

TOTAL NET CARBS (in grams)

93

MACRO NUTRIENTTOTAL (in grams)

FAT103 grams

PROTEIN139 grams

NET CARBS93 grams

MACRO NUTRIENTTOTAL (% of daily diet)

FAT50%

PROTEIN30%

NET CARBS20%

