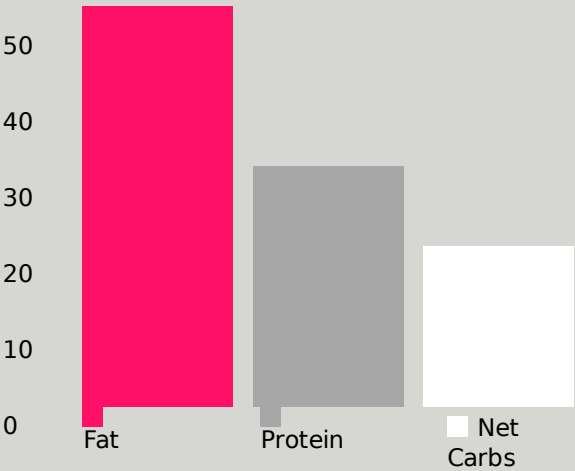


Percentage of Macro Nutrient Ratios



Shan Akbar

ITEM	VALUE
Age	55
Height	5'6"
Weight	128
Body Fat %	N/A
Activity Level	lightly_active
Health Goal	maintain

TOTAL CALORIES

1702

TOTAL DAILY CALORIES

1702

TOTAL FAT (in grams)

95

TOTAL PROTEIN (in grams)

128

TOTAL NET CARBS (in grams)

85

MACRO NUTRIENTTOTAL (in grams)

FAT	95 grams
PROTEIN	128 grams
NET CARBS	85 grams

MACRO NUTRIENTTOTAL (% of daily diet)

FAT	50%
PROTEIN	30%
NET CARBS	20%

