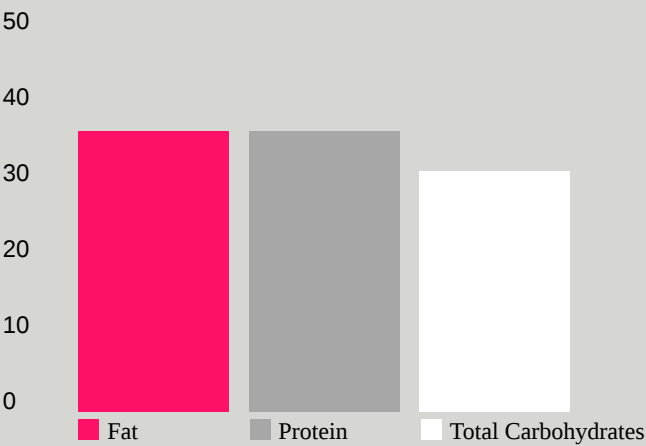


Percentage of Macro Nutrient Ratios



Shan Akbar

ITEM	VALUE
Age	39
Height	4'5"
Weight	100
Body Fat %	N/A
Activity Level	very_active
Health Goal	extreme_muscle_growth

TOTAL CALORIES

1577

TOTAL DAILY CALORIES

1577

TOTAL FAT (in grams)

61

TOTAL PROTEIN (in grams)

138

TOTAL CARBOHYDRATES (in grams)

118

MACRO NUTRIENTTOTAL (in grams)

FAT	61 grams
PROTEIN	138 grams
TOTAL CARBOHYDRATES	118 grams

MACRO NUTRIENTTOTAL (% of daily diet)

FAT	35%
PROTEIN	35%
TOTAL CARBOHYDRATES	30%