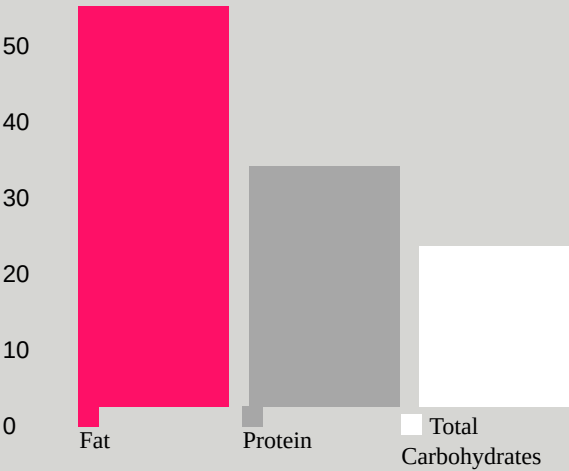


Percentage of Macro Nutrient Ratios



Shan Akbar

ITEM	VALUE
Age	22
Height	5'6"
Weight	125
Body Fat %	N/A
Activity Level	sedentary
Health Goal	maintain

TOTAL CALORIES

1550

TOTAL DAILY CALORIES

1550

TOTAL FAT (in grams)

86

TOTAL PROTEIN (in grams)

116

TOTAL CARBOHYDRATES (in grams)

78

MACRO NUTRIENTTOTAL (in grams)

FAT	86 grams
PROTEIN	116 grams
TOTAL CARBOHYDRATES	78 grams

MACRO NUTRIENTTOTAL (% of daily diet)

FAT	50%
PROTEIN	30%
TOTAL CARBOHYDRATES	20%

