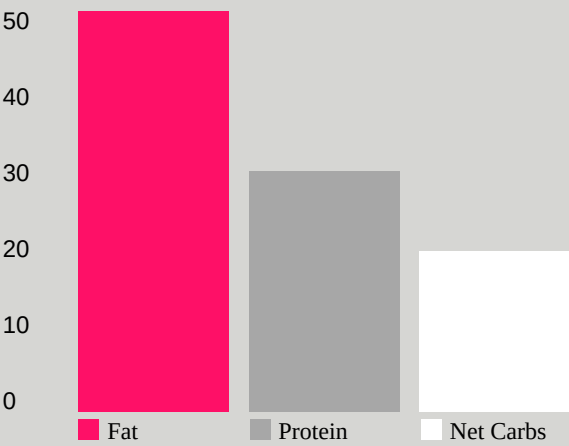


Percentage of Macro Nutrient Ratios



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%

