

Macros Completed!

Description

Hi

Here are your Macros:

Pi Ratio: 0.95

BVS CPP: 10

Carbs Grams:209

Carbs Calories: 836

Fat Grams: 209

Fat Calories: 836

Final Cpp: 10

Protein Grams: 209

Protein Calories: 836

Total Calories: 2200

Weight Code: 3

Pi Weight Code: M2

Based off:

Gender: Male

Body Type: Mesomorph

Age: 42

Weight: 220

Date Created

January 17, 2022