

## 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