

Stewart Canahui , Here are your macros!

Description

Hi Stewart Canahui

Here are your Macros:

Pi Ratio: 1

BVS CPP: 12

Carbs Grams: 185

Carbs Calories: 740

Fat Grams: 185

Fat Calories: 740

Final Cpp: 12

Protein Grams: 185

Protein Calories: 740

Total Calories: 2220

Weight Code: 2

Pi Weight Code: M1

Based off:

Gender: Male

Body Type: Ectomorph

Age: 33

Weight: 185

Date Created

January 17, 2022