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iProfile / Macronutrient Distribution

JILLIAN MCILWAIN

Start date: Thu May 25 2017 End date: Mon Jun 05 2017

Nutrient	My DRI	My Intakes	0% 50% 100%
Kilocalories	2967 kCal	2818 kCal	
Fat, Total	20 - 35 %	721 kCal	25.6
Carbohydrate	45 - 65 %	1654 kCal	58.7
Protein	10 - 35 %	442 kCal	15.7



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