

Body Weight in Pounds	Body Weight in Kg	Carbs in grams per Kg	Protein in grams per Kg	Volume Chocolate Range	Milk in ounces	Calories Total Range	
85	38.6	46.3	11.6	11.5	14.5	275	347
87	39.5	47.4	11.8	11.7	14.8	281	355
89	40.4	48.4	12.1	12.0	15.1	288	363
91	41.3	49.5	12.4	12.3	15.5	294	371
93	42.2	50.6	12.7	12.5	15.8	301	380
95	43.1	51.7	12.9	12.8	16.2	307	388
97	44.0	52.8	13.2	13.1	16.5	314	396
99	44.9	53.9	13.5	13.3	16.8	320	404
101	45.8	55.0	13.7	13.6	17.2	327	412
103	46.7	56.1	14.0	13.9	17.5	333	420
105	47.6	57.2	14.3	14.1	17.9	340	429
107	48.5	58.2	14.6	14.4	18.2	346	437
109	49.4	59.3	14.8	14.7	18.5	352	445
111	50.3	60.4	15.1	15.0	18.9	359	453
113	51.3	61.5	15.4	15.2	19.2	365	461
115	52.2	62.6	15.6	15.5	19.6	372	469
117	53.1	63.7	15.9	15.8	19.9	378	478
119	54.0	64.8	16.2	16.0	20.2	385	486
121	54.9	65.9	16.5	16.3	20.6	391	494
123	55.8	67.0	16.7	16.6	20.9	398	502
125	56.7	68.0	17.0	16.8	21.3	404	510
127	57.6	69.1	17.3	17.1	21.6	411	518
129	58.5	70.2	17.6	17.4	21.9	417	527
131	59.4	71.3	17.8	17.6	22.3	424	535
133	60.3	72.4	18.1	17.9	22.6	430	543
135	61.2	73.5	18.4	18.2	23.0	437	551
137	62.1	74.6	18.6	18.5	23.3	443	559
139	63.0	75.7	18.9	18.7	23.6	449	567
141	64.0	76.7	19.2	19.0	24.0	456	576
143	64.9	77.8	19.5	19.3	24.3	462	584
145	65.8	78.9	19.7	19.5	24.7	469	592
147	66.7	80.0	20.0	19.8	25.0	475	600
149	67.6	81.1	20.3	20.1	25.3	482	608
151	68.5	82.2	20.5	20.3	25.7	488	616
153	69.4	83.3	20.8	20.6	26.0	495	625
155	70.3	84.4	21.1	20.9	26.4	501	633
157	71.2	85.5	21.4	21.2	26.7	508	641
159	72.1	86.5	21.6	21.4	27.0	514	649
161	73.0	87.6	21.9	21.7	27.4	521	657
163	73.9	88.7	22.2	22.0	27.7	527	665
165	74.8	89.8	22.5	22.2	28.1	534	674
167	75.8	90.9	22.7	22.5	28.4	540	682
169	76.7	92.0	23.0	22.8	28.7	546	690
171	77.6	93.1	23.3	23.0	29.1	553	698
173	78.5	94.2	23.5	23.3	29.4	559	706
175	79.4	95.3	23.8	23.6	29.8	566	714
177	80.3	96.3	24.1	23.8	30.1	572	723
179	81.2	97.4	24.4	24.1	30.4	579	731