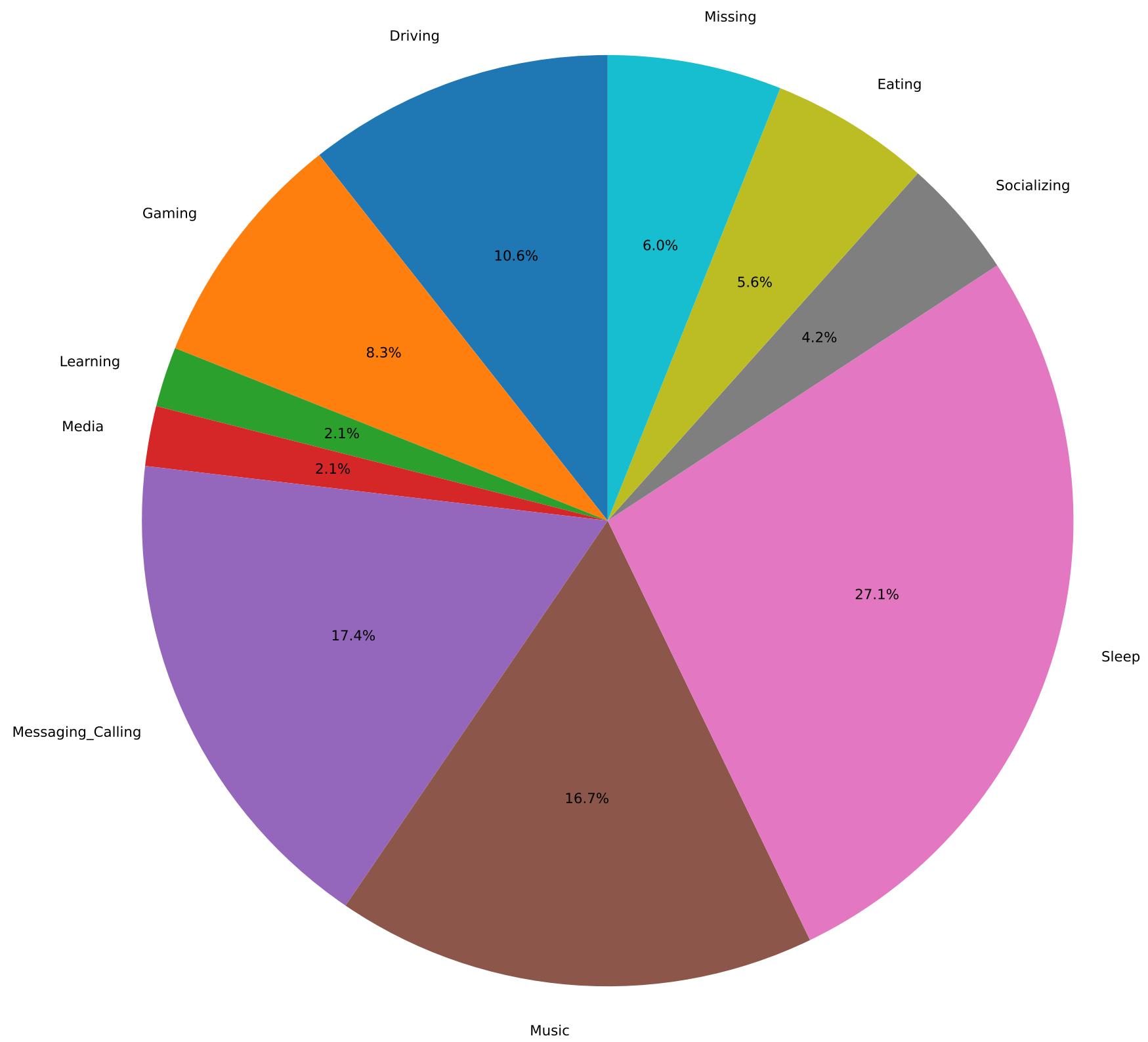
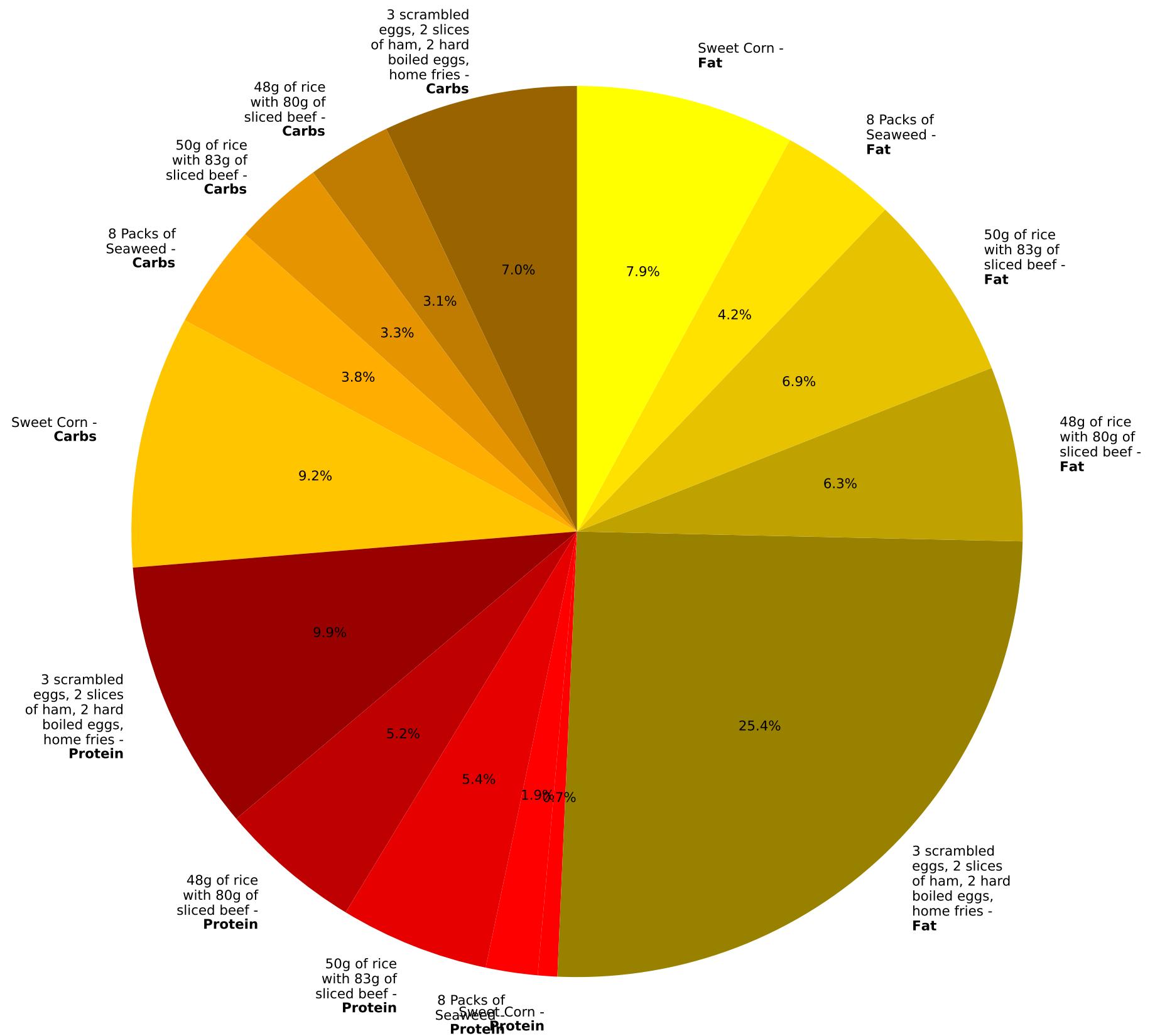


Daily Activity Breakdown (2025-11-19)



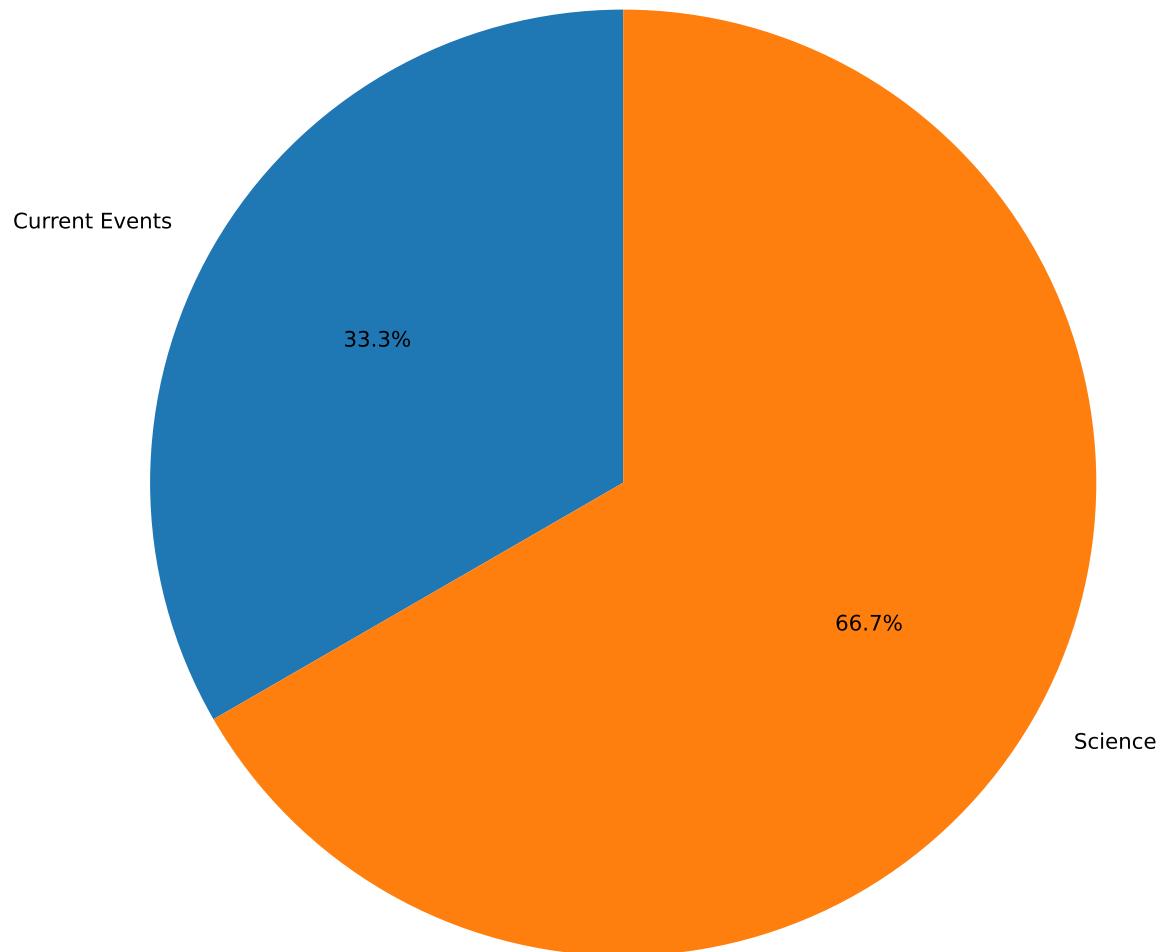
## Meal Breakdown (2025-11-19)



Meal &amp; Snack Macro Table (2025-11-19)

| Meal/Snack  | Carbs (cal) | Protein (cal) | Fat (cal) | Total (cal) |
|---|-------------|---------------|-----------|-------------|
| 3 scrambled eggs, 2 slices of ham, 2 hard boiled eggs, home fries | 120         | 168           | 432       | 720         |
| 48g of rice with 80g of sliced beef                               | 52          | 88            | 108       | 248         |
| 50g of rice with 83g of sliced beef                               | 56          | 92            | 117       | 265         |
| 8 Packs of Seaweed  | 64          | 32            | 72        | 168         |
| Sweet Corn  | 156         | 12            | 135       | 303         |
| TOTAL   | 448         | 392           | 864       | 1704        |

Daily Media Breakdown by Category (2025-11-19)



Daily Media Breakdown by Name (2025-11-19)

