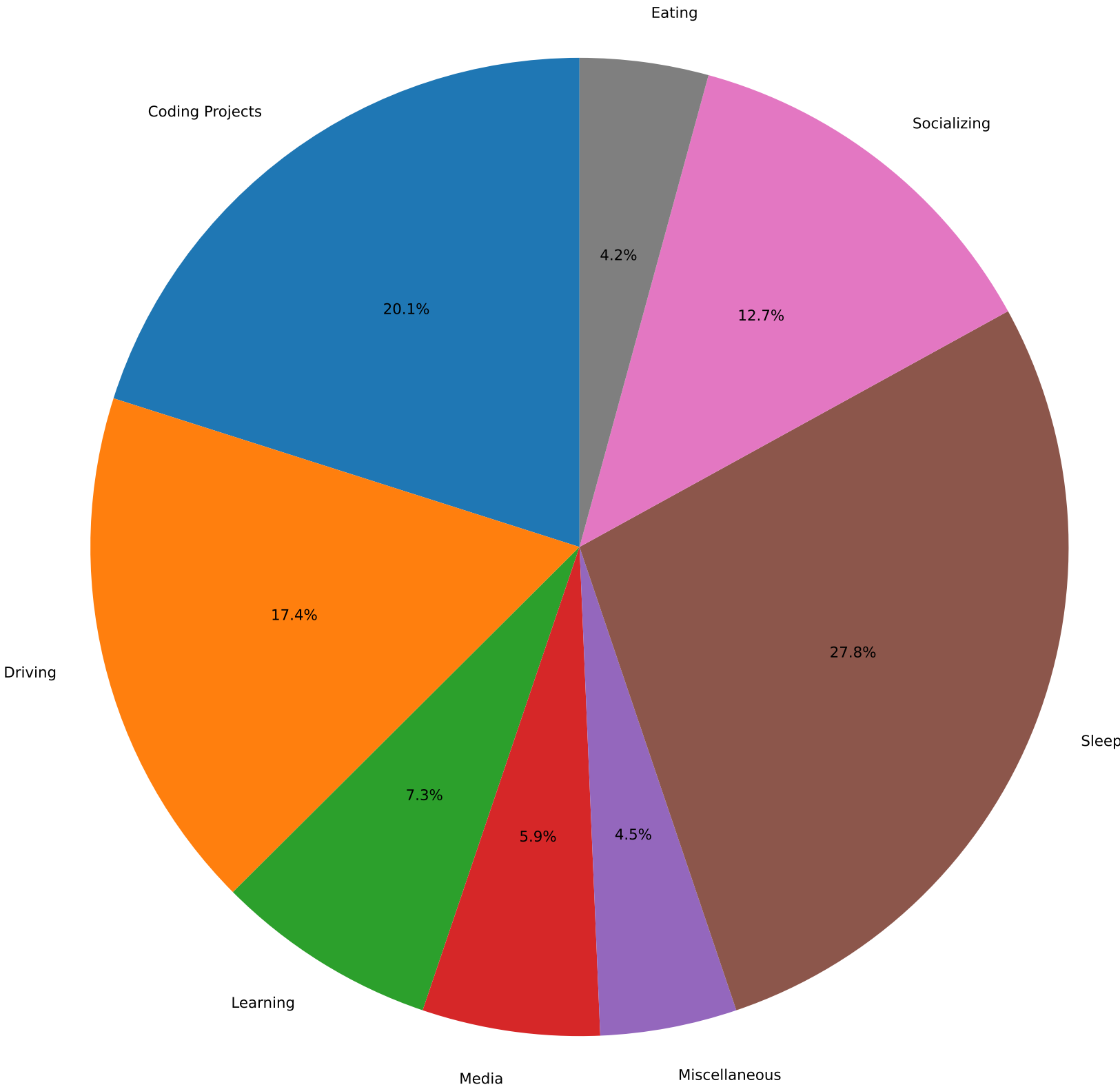
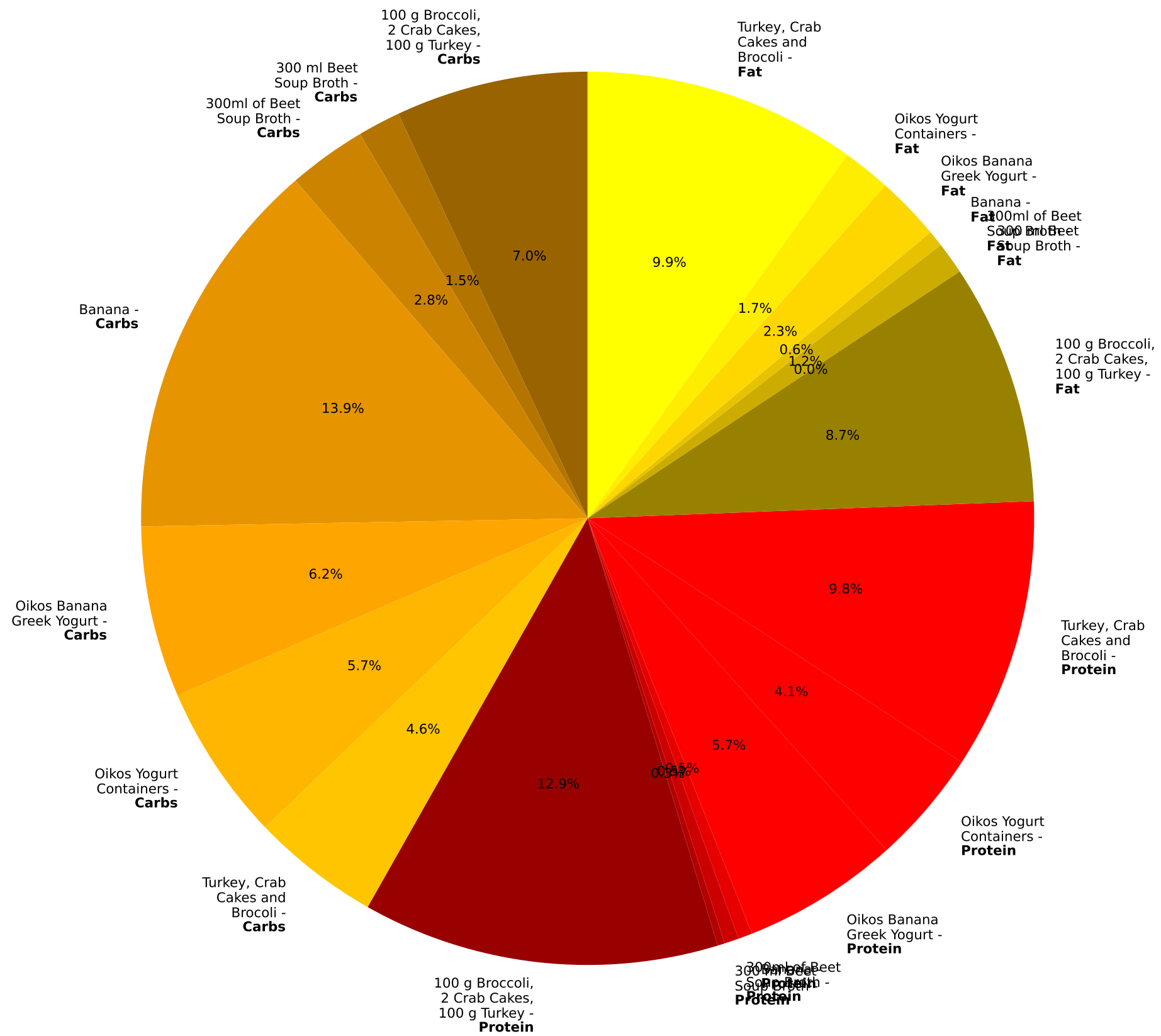


Daily Activity Breakdown (2026-01-07)

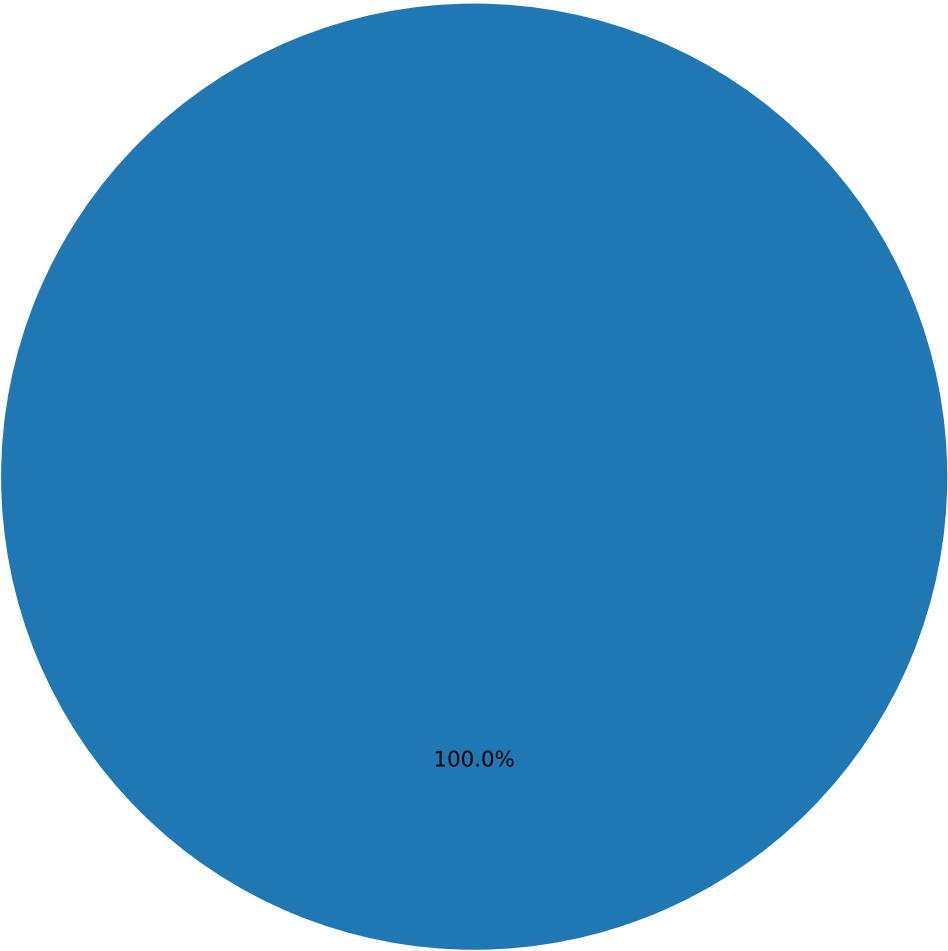


Meal Breakdown (2026-01-07)



Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
Meal & Snack Macro Table (2026-01-07)				
100 g Broccoli, 2 Crab Cakes, 100 g Turkey	108	200	135	443
300 ml Beet Soup Broth	24	4	0	28
300ml of Beet Soup Broth	44	8	18	70
Banana	216	8	9	233
Oikos Banana Greek Yogurt	96	88	36	220
Oikos Yogurt Containers	88	64	27	179
Turkey, Crab Cakes and Brocoli	72	152	153	377
TOTAL	648	524	378	1550

Daily Media Breakdown by Category (2026-01-07)



Science

Daily Media Breakdown by Name (2026-01-07)

