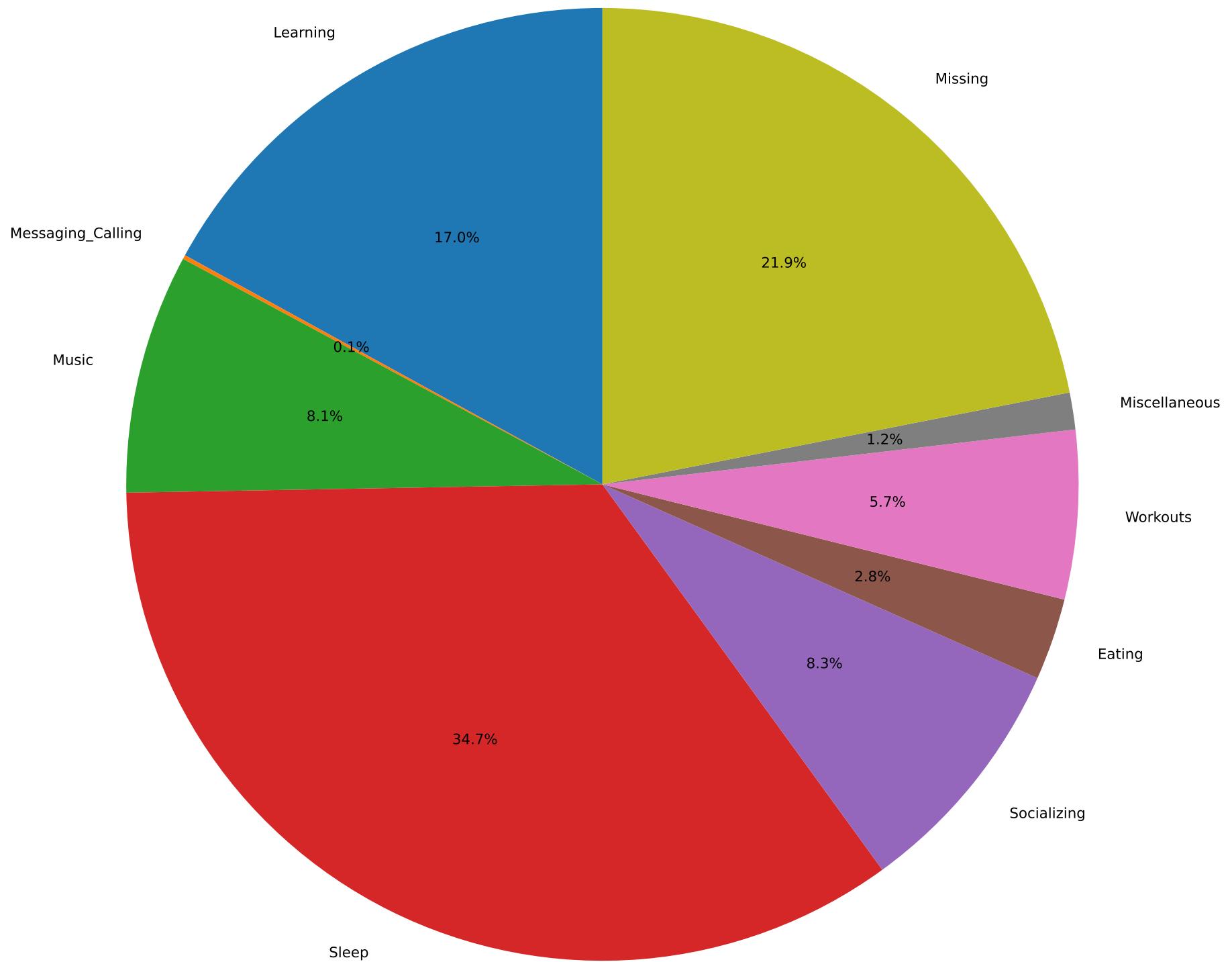
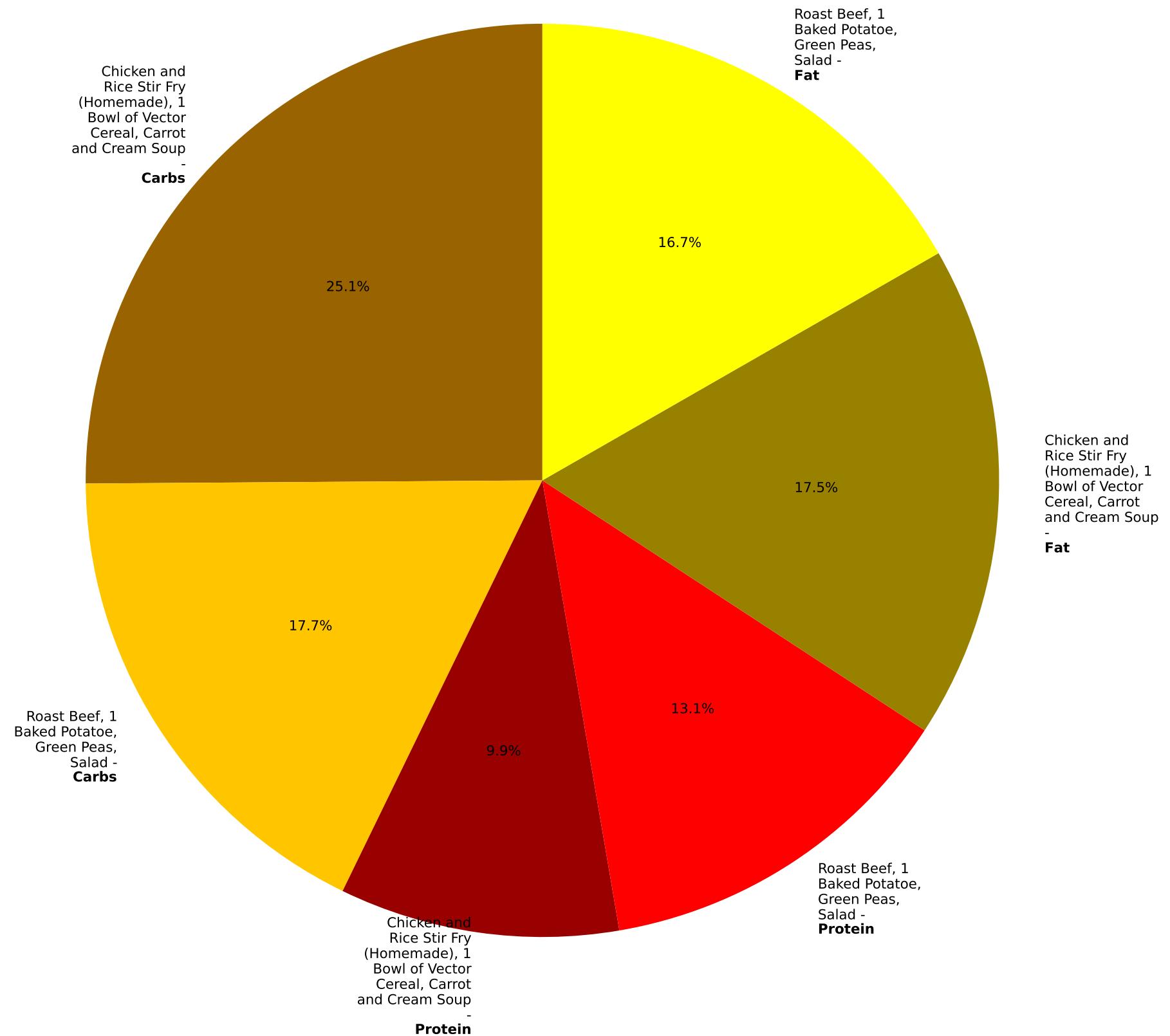


Daily Activity Breakdown (2025-11-16)



Meal Breakdown (2025-11-16)



Meal & Snack Macro Table (2025-11-16)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
Chicken and Rice Stir Fry (Homemade), 1 Bowl of Vector Cereal, Carrot and Cream Soup	284	112	198	594
Roast Beef, 1 Baked Potatoe, Green Peas, Salad	200	148	189	537
TOTAL	484	260	387	1131