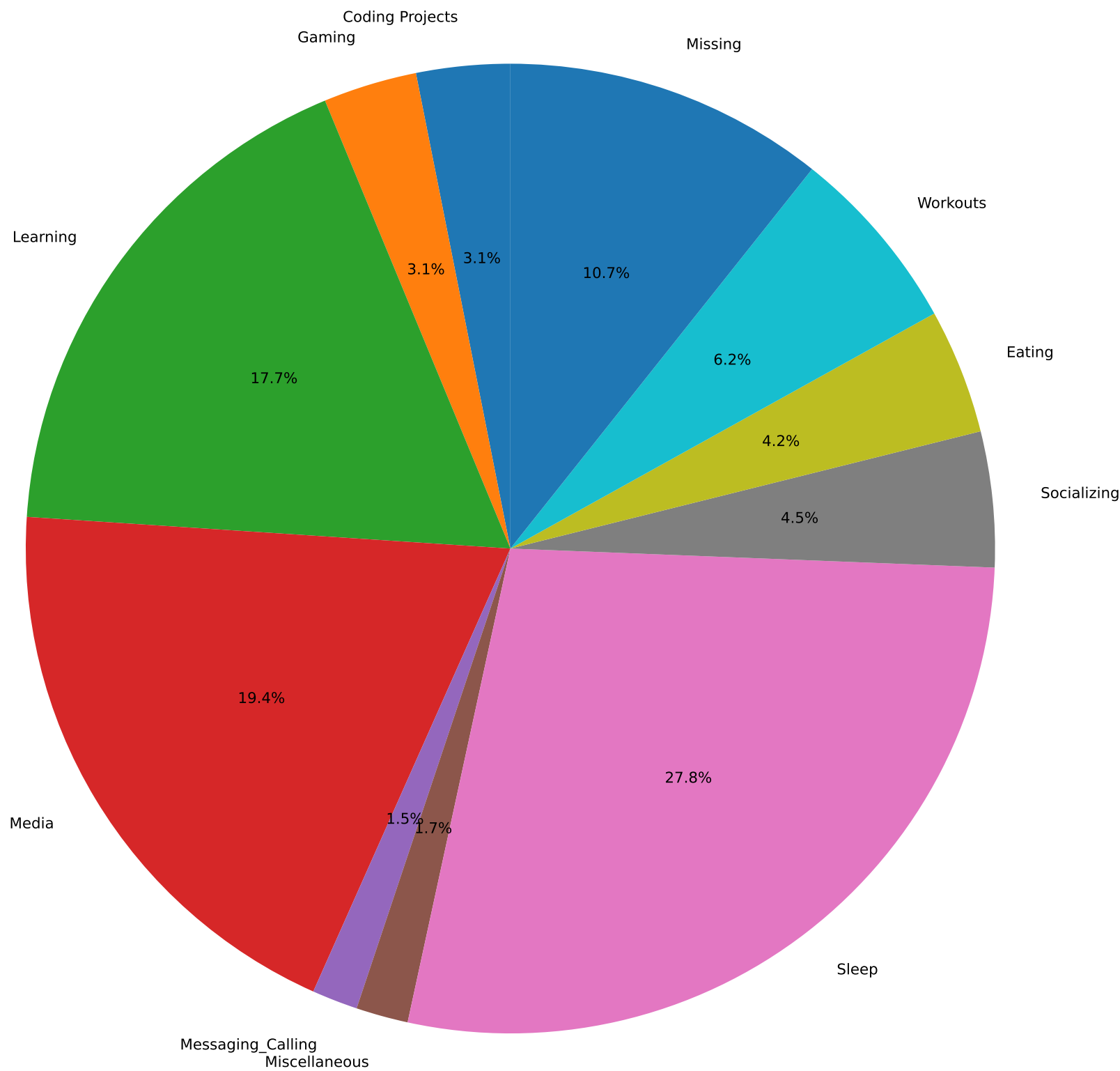
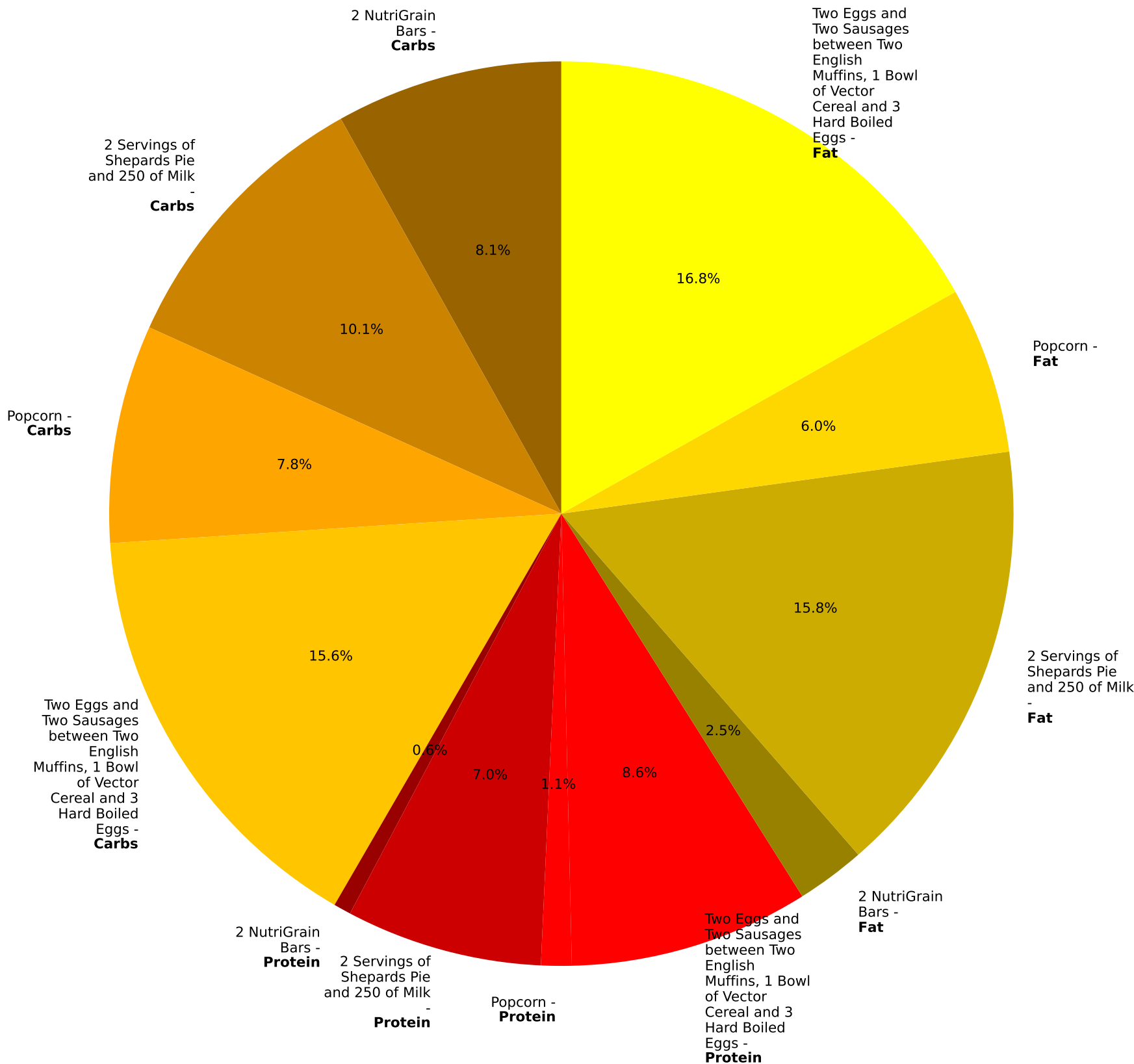


Daily Activity Breakdown (2025-11-17)



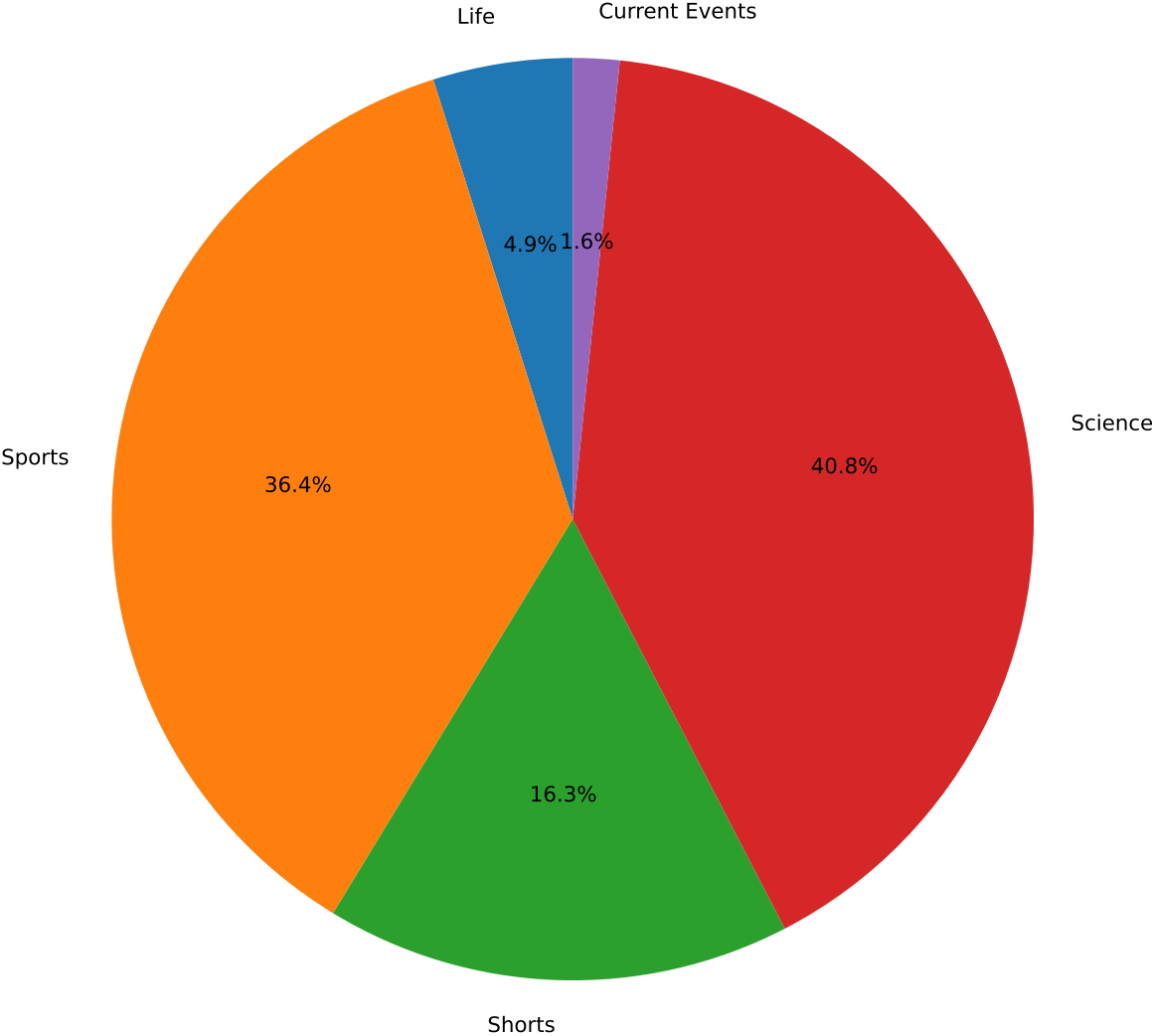
Meal Breakdown (2025-11-17)



Meal & Snack Macro Table (2025-11-17)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 NutriGrain Bars	208	16	63	287
2 Servings of Shepards Pie and 250 of Milk	260	180	405	845
Popcorn	200	28	153	381
Two Eggs and Two Sausages between Two English Muffins, 1 Bowl of Vector Cereal and 3 Hard Boiled Eggs	400	220	432	1052
TOTAL	1068	444	1053	2565

Daily Media Breakdown by Category (2025-11-17)



## Daily Media Breakdown by Name (2025-11-17)

