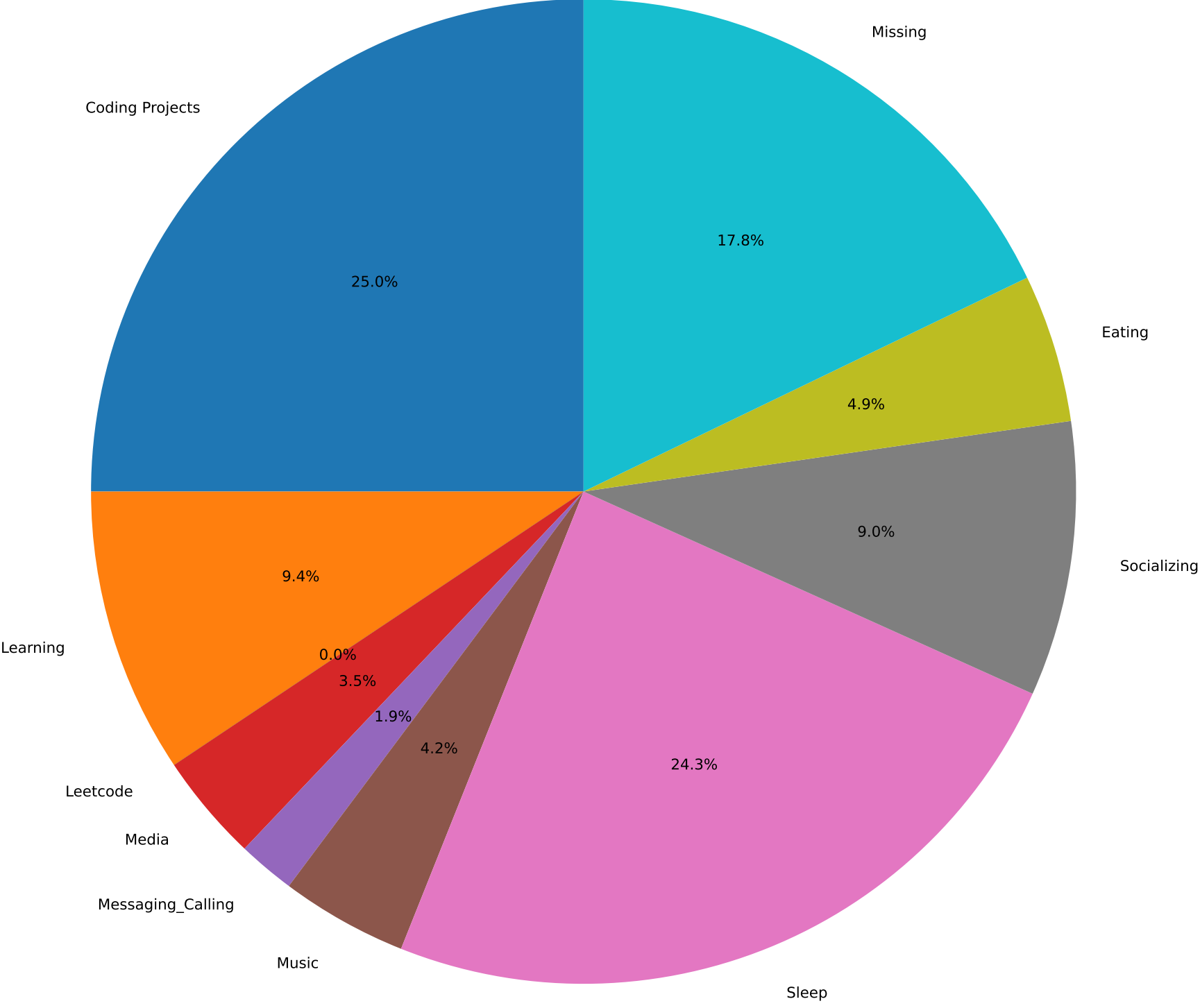
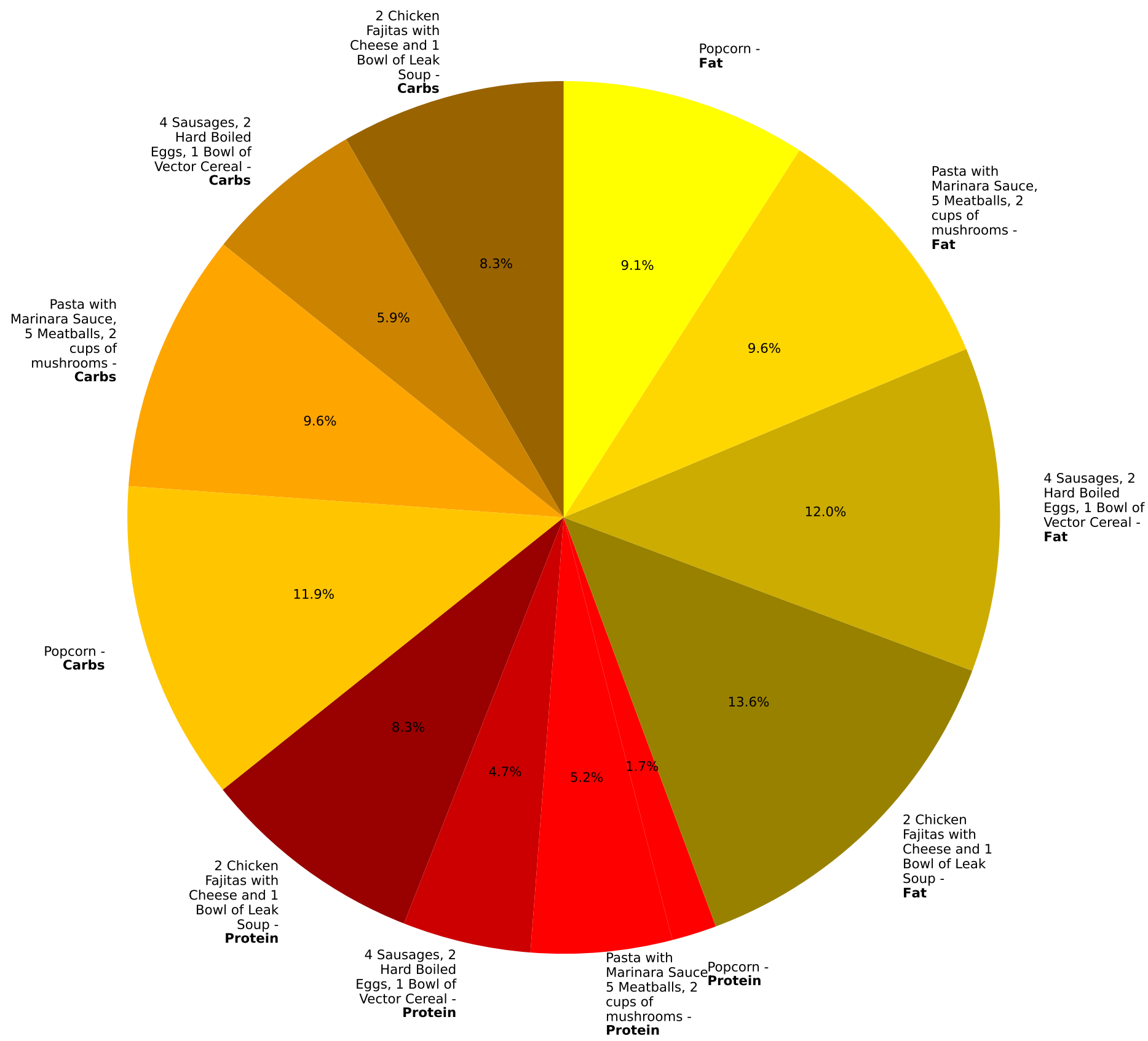


Daily Activity Breakdown (2025-11-13)



Meal Breakdown (2025-11-13)



Meal & Snack Macro Table (2025-11-13)

| Meal/Snack  | Carbs (cal) | Protein (cal) | Fat (cal) | Total (cal) |
|---|-------------|---------------|-----------|-------------|
| 2 Chicken Fajitas with Cheese and 1 Bowl of Leak Soup       | 280         | 280           | 459       | 1019        |
| 4 Sausages, 2 Hard Boiled Eggs, 1 Bowl of Vector Cereal     | 200         | 160           | 405       | 765         |
| Pasta with Marinara Sauce, 5 Meatballs, 2 cups of mushrooms | 324         | 176           | 324       | 824         |
| Popcorn   | 400         | 56            | 306       | 762         |
| TOTAL   | 1204        | 672           | 1494      | 3370        |