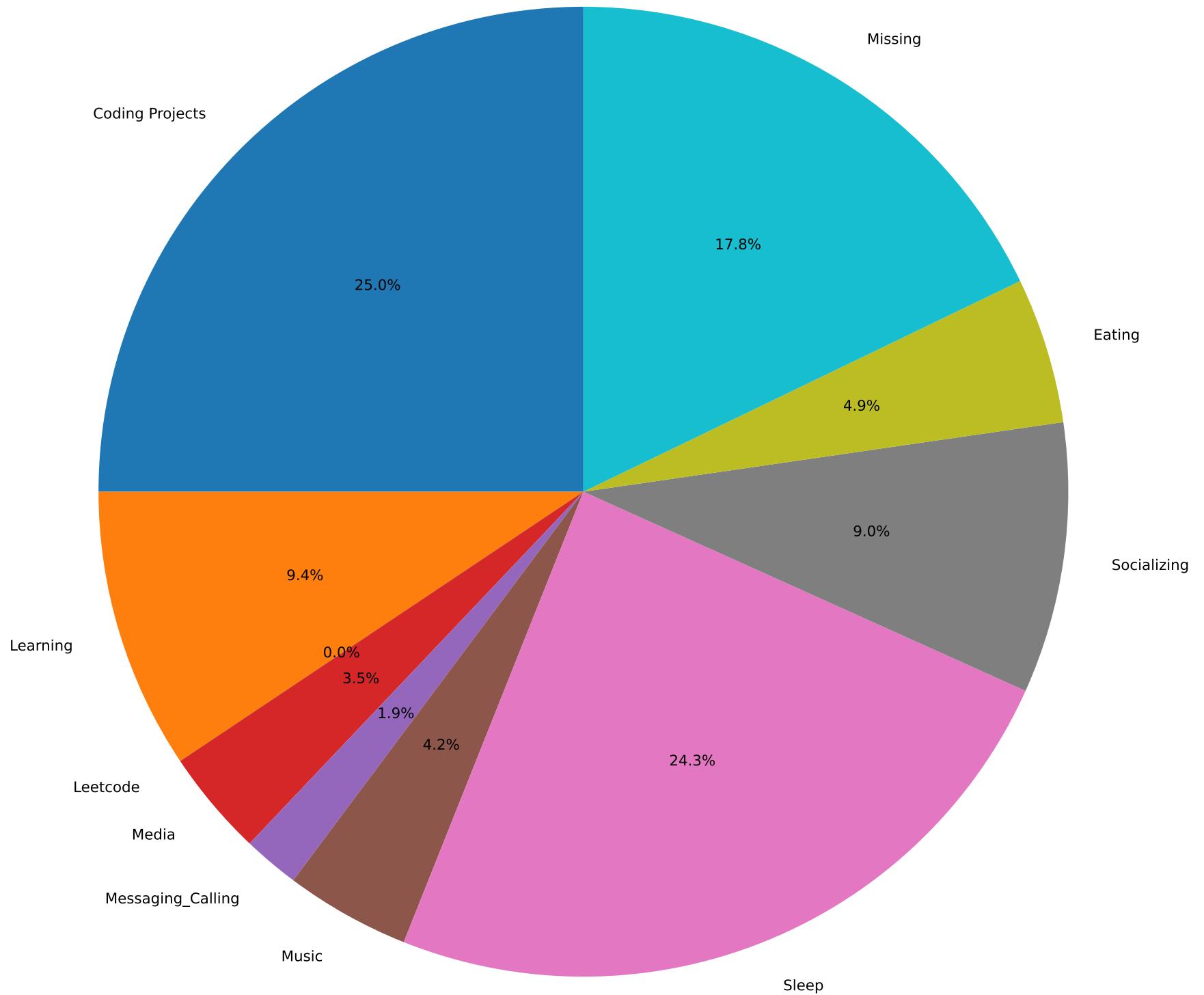
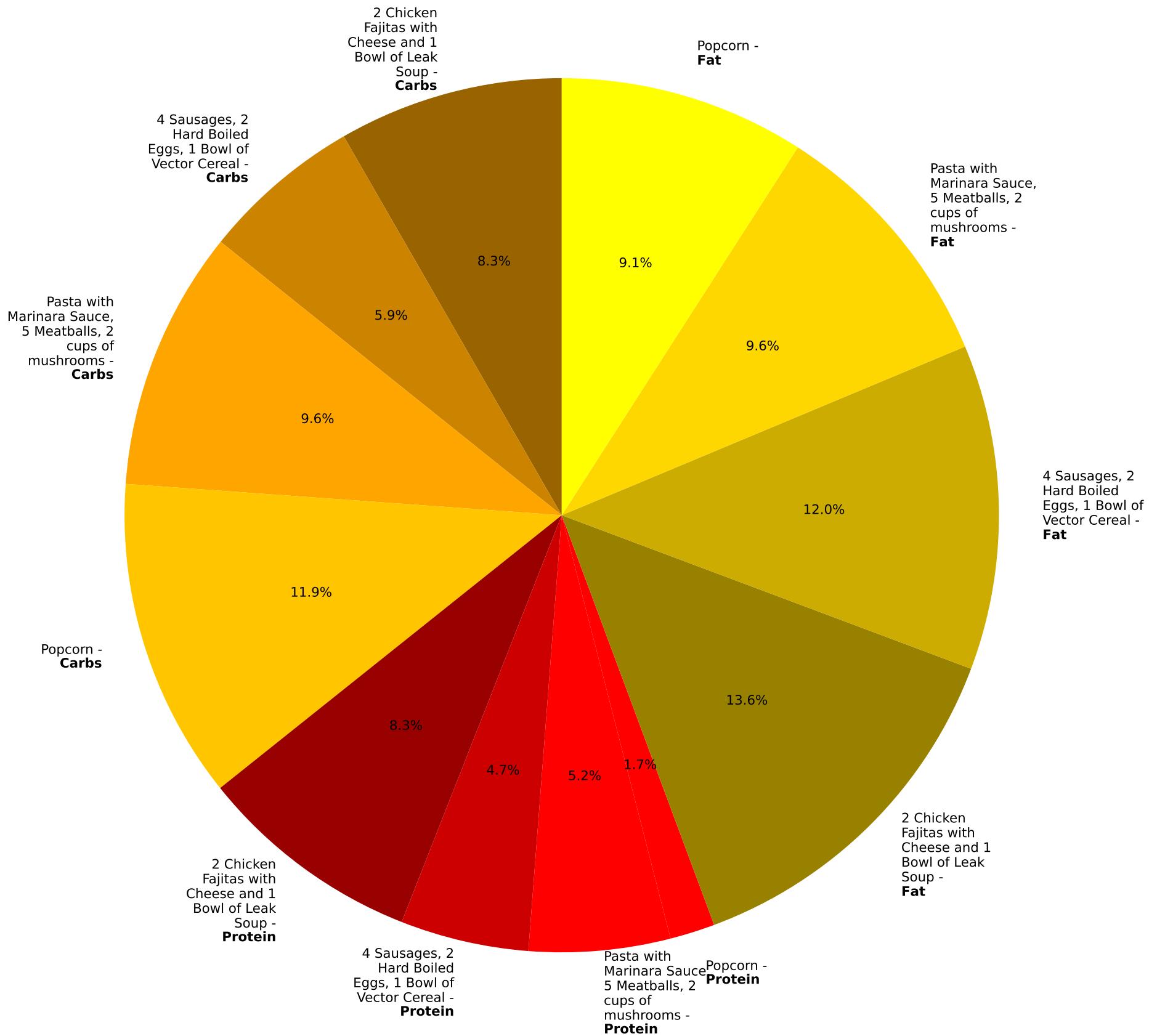


Daily Activity Breakdown (2025-11-13)



## Meal Breakdown (2025-11-13)



Meal &amp; 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