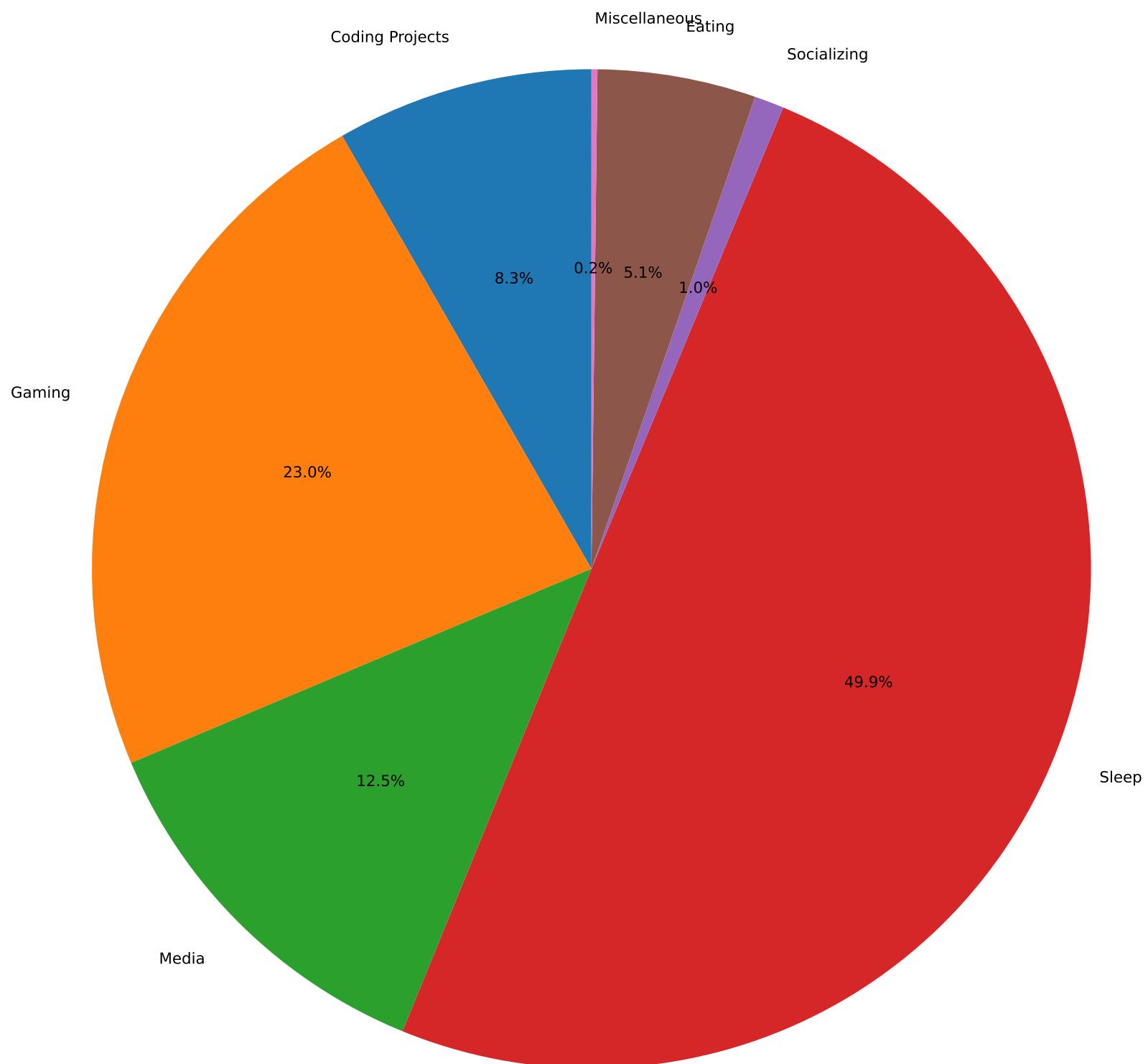
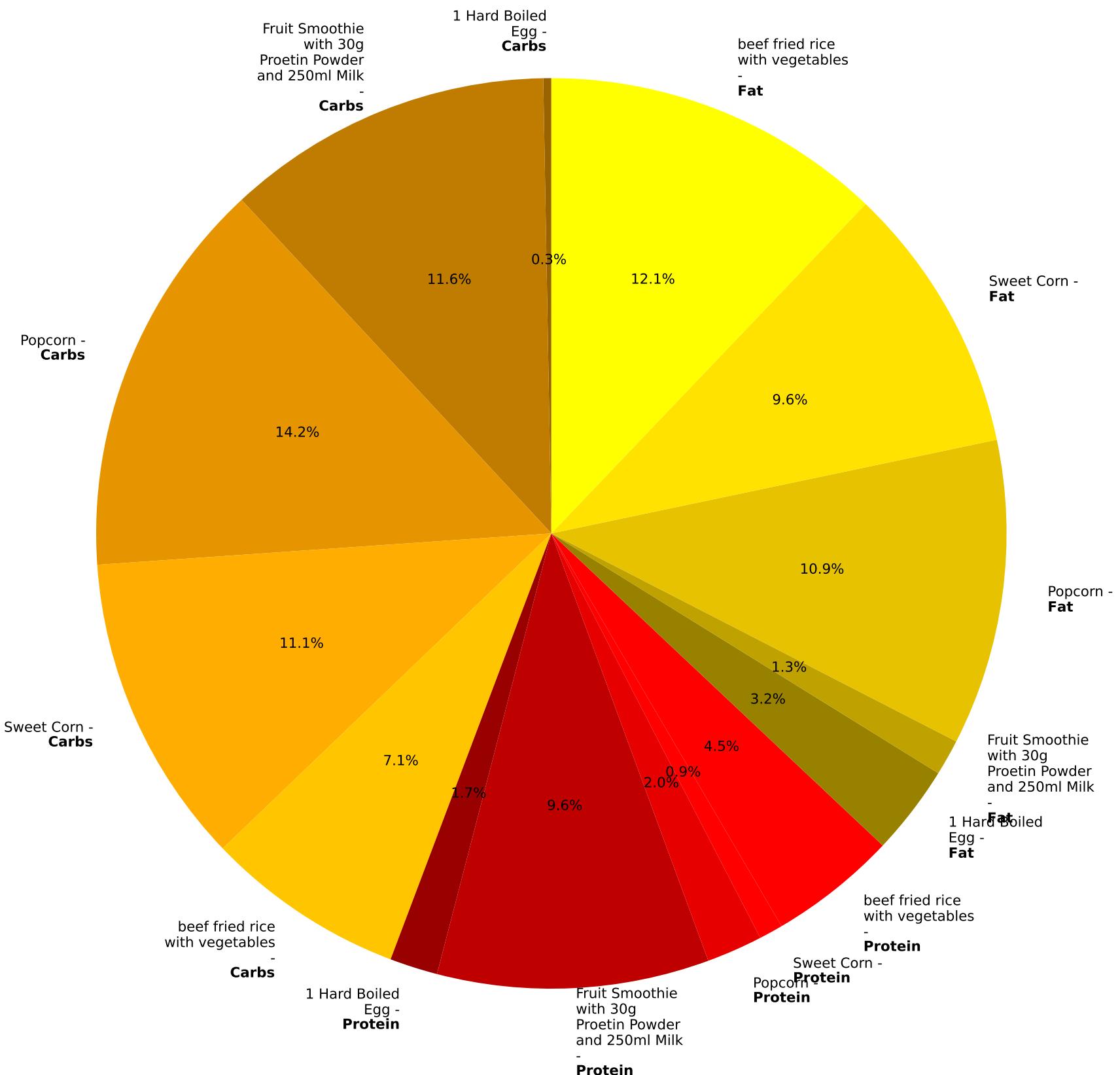


Daily Activity Breakdown (2025-11-22)



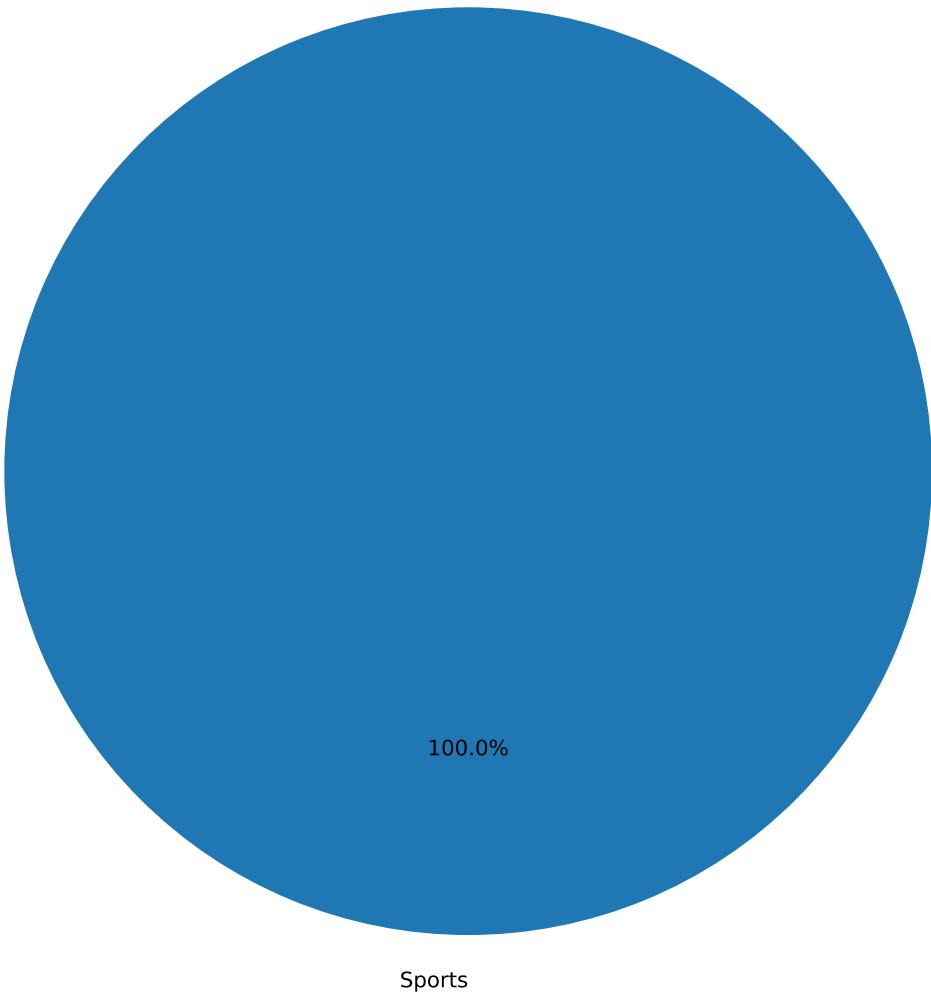
## Meal Breakdown (2025-11-22)



Meal &amp; Snack Macro Table (2025-11-22)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
1 Hard Boiled Egg	4	24	45	73
Fruit Smoothie with 30g Protein Powder and 250ml Milk	164	136	18	318
Popcorn	200	28	153	381
Sweet Corn	156	12	135	303
beef fried rice with vegetables	100	64	171	335
TOTAL	624	264	522	1410

Daily Media Breakdown by Category (2025-11-22)



## Daily Media Breakdown by Name (2025-11-22)

