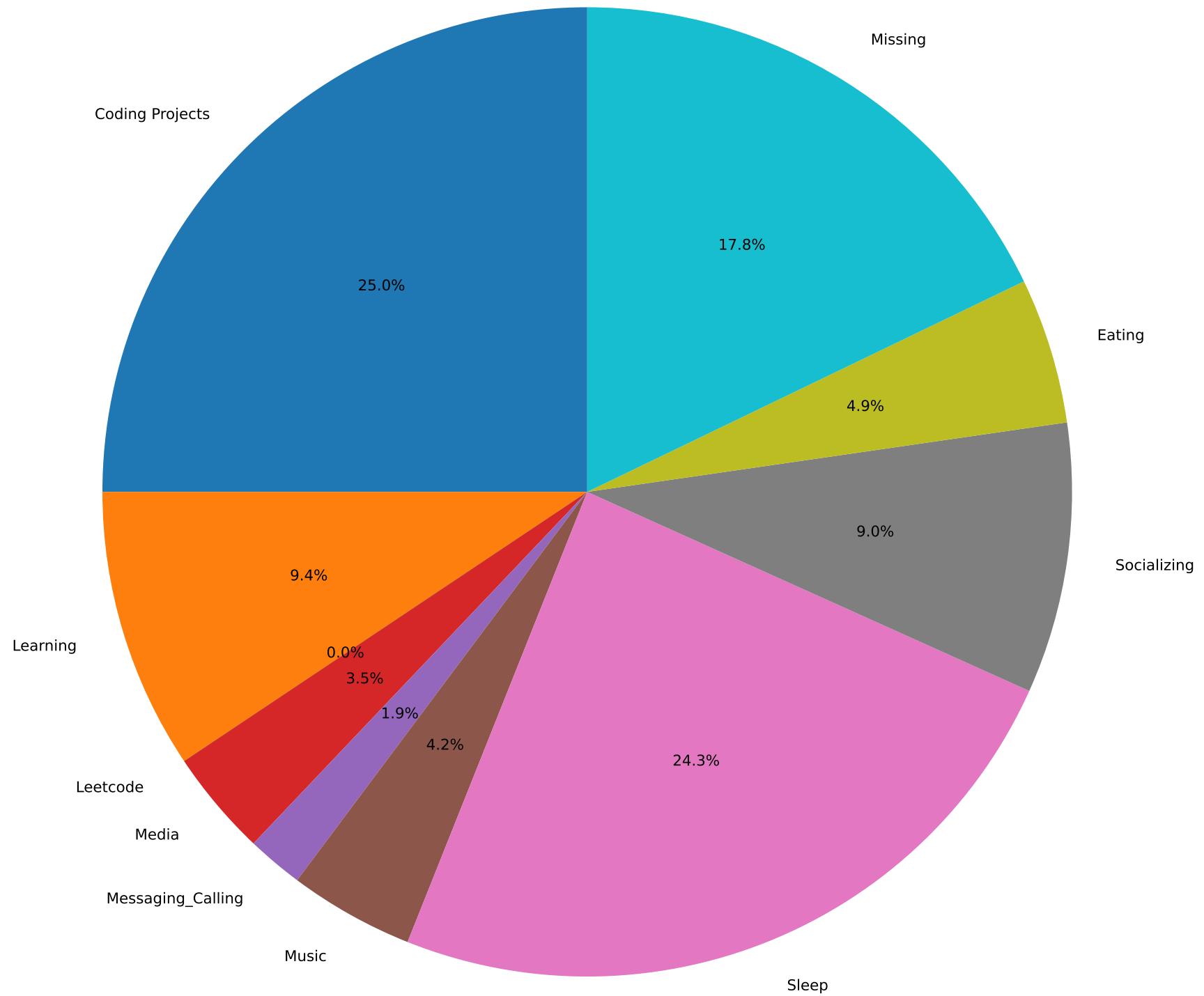
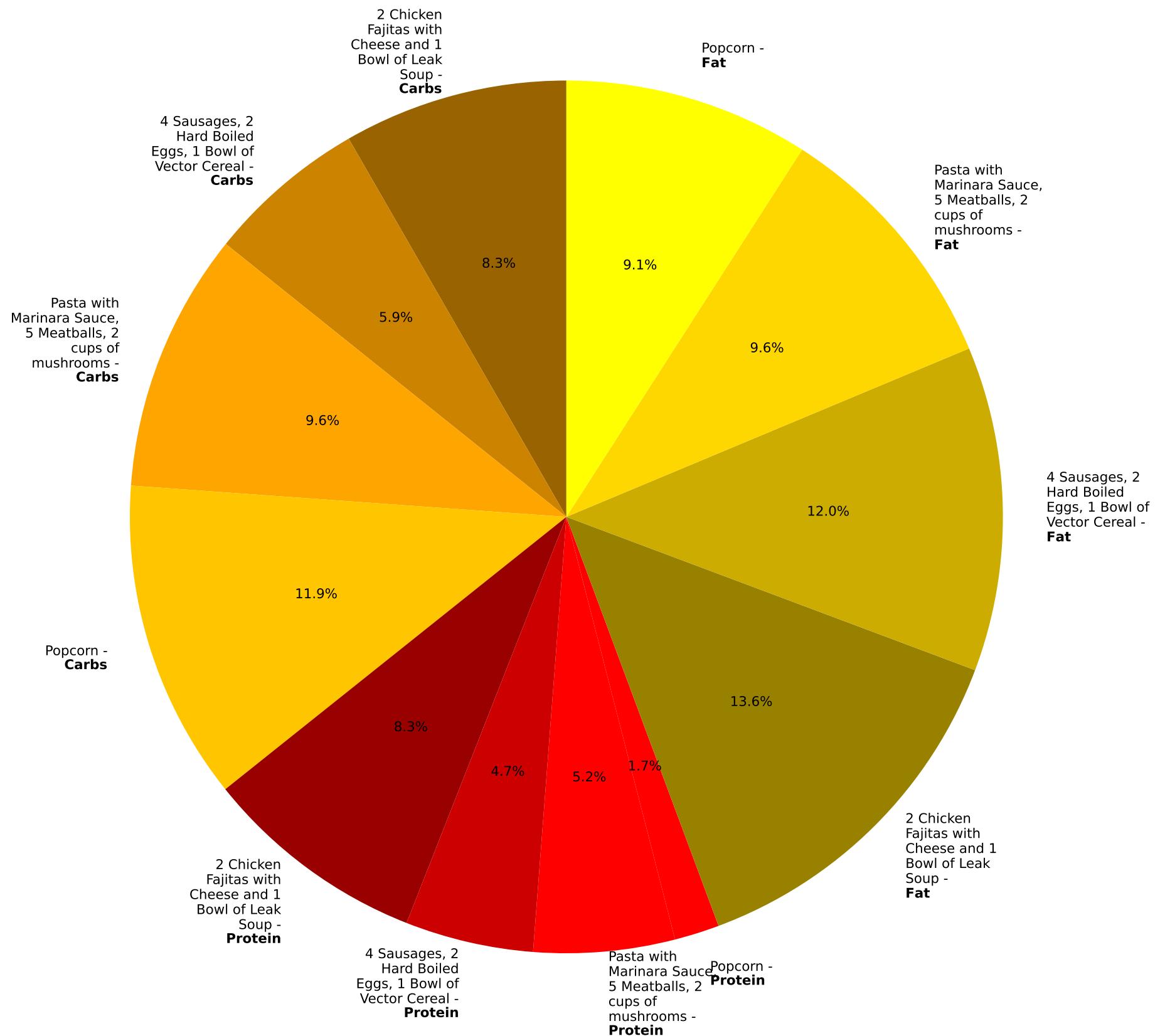


Daily Activity Breakdown (2025-11-13)



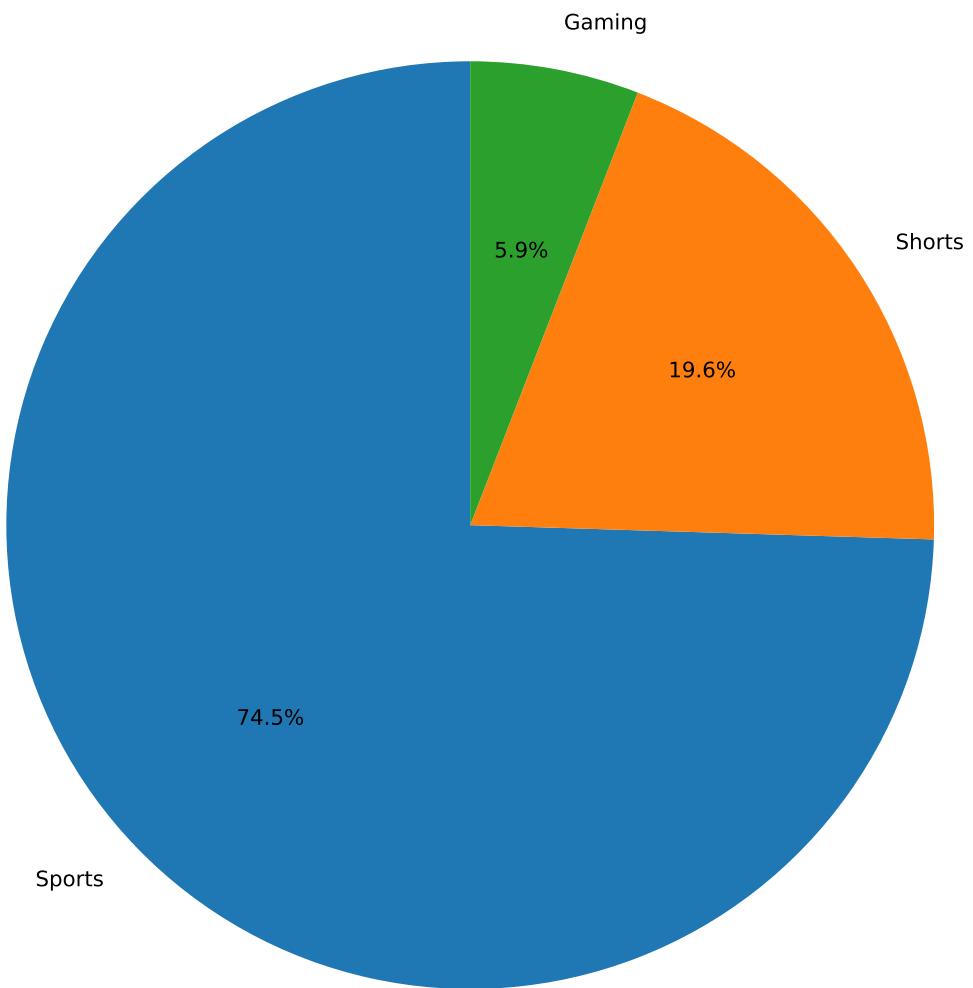
Meal Breakdown (2025-11-13)



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 |

Daily Media Breakdown by Category (2025-11-13)



Daily Media Breakdown by Name (2025-11-13)

