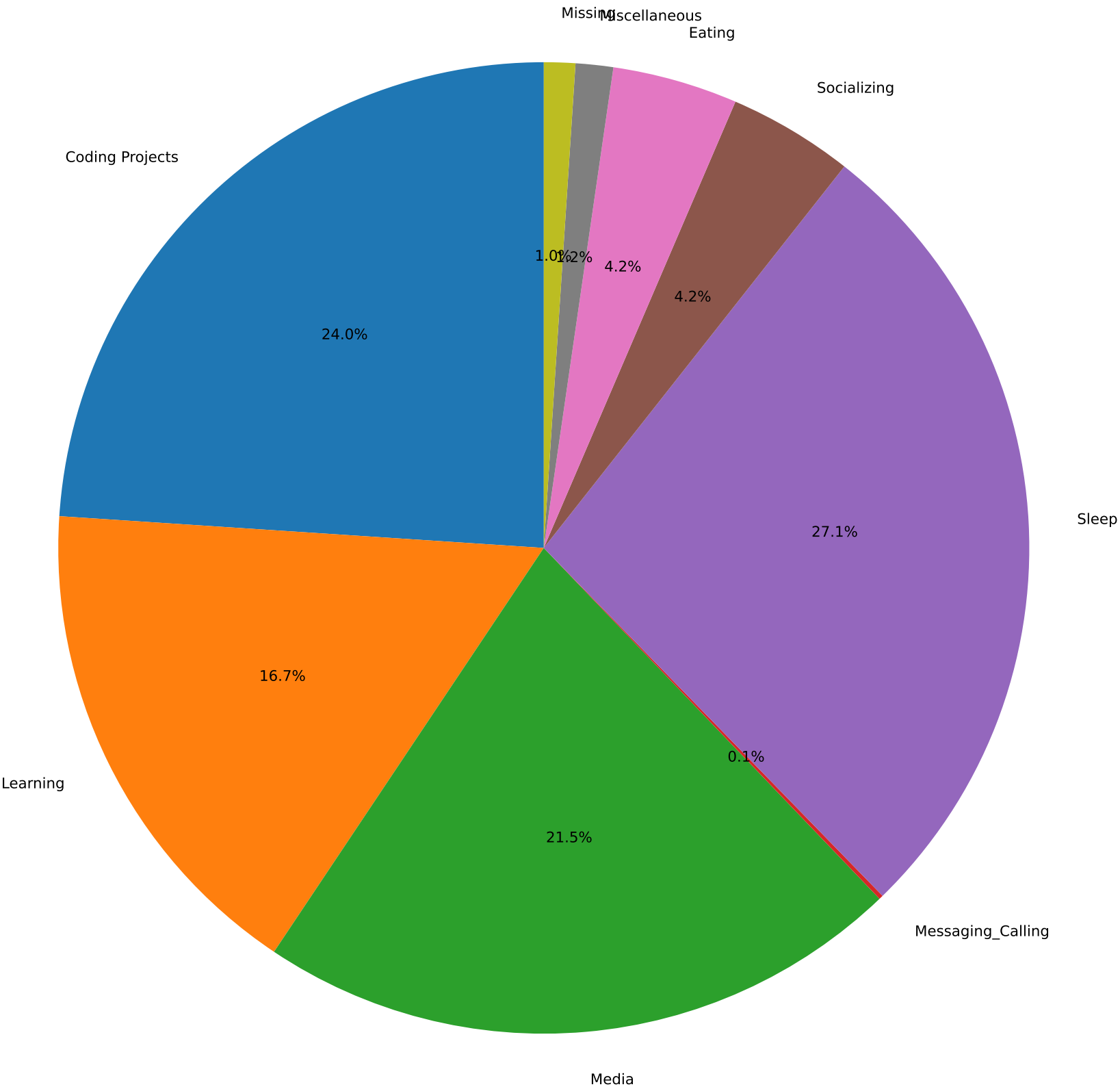
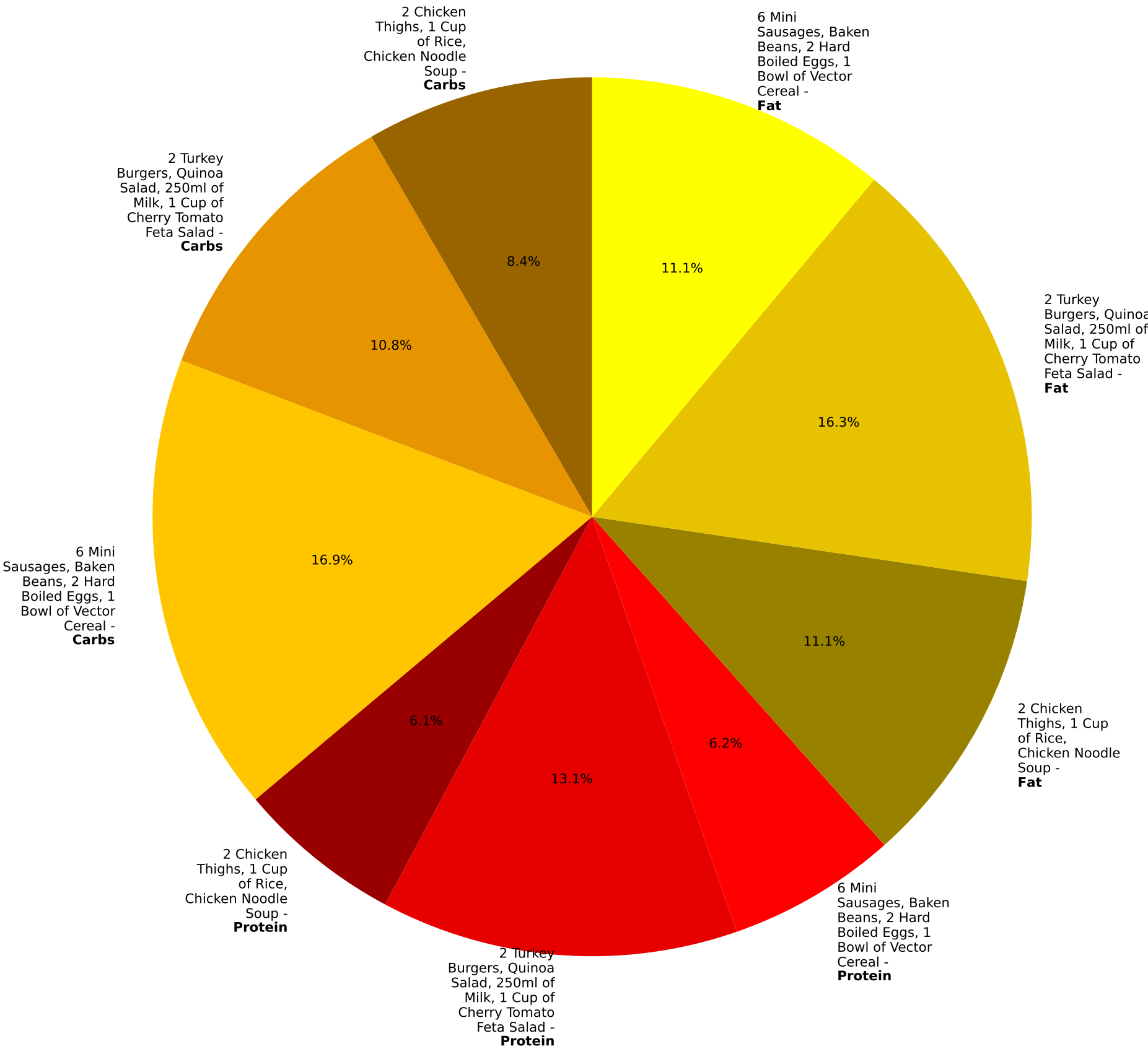


Daily Activity Breakdown (2025-11-15)



Meal Breakdown (2025-11-15)



Meal & Snack Macro Table (2025-11-15)				
Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 Chicken Thighs, 1 Cup of Rice, Chicken Noodle Soup	204	148	270	622
2 Turkey Burgers, Quinoa Salad, 250ml of Milk, 1 Cup of Cherry Tomato Feta Salad	264	320	396	980
6 Mini Sausages, Baked Beans, 2 Hard Boiled Eggs, 1 Bowl of Vector Cereal	412	152	270	834
TOTAL	880	620	936	2436