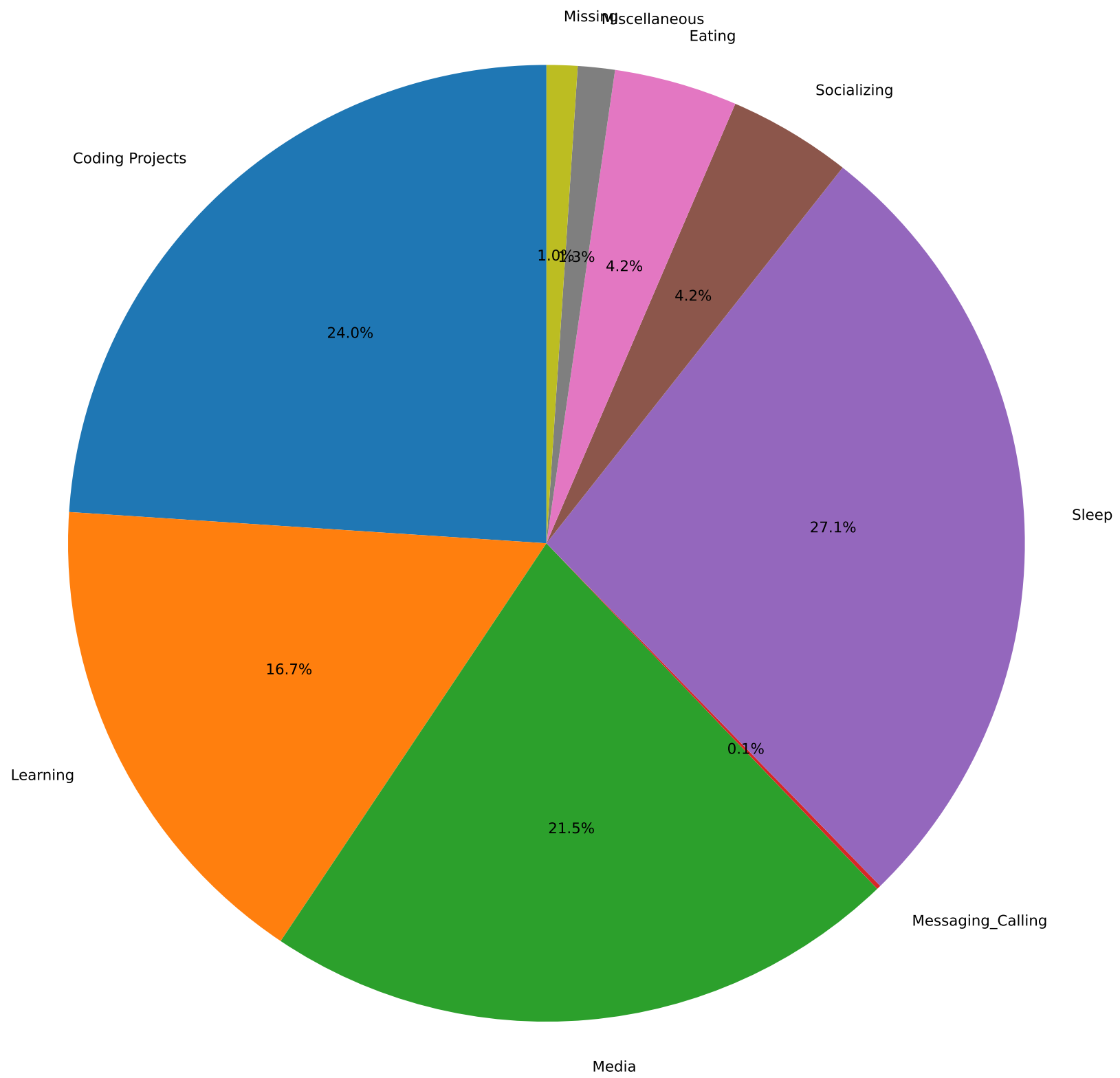
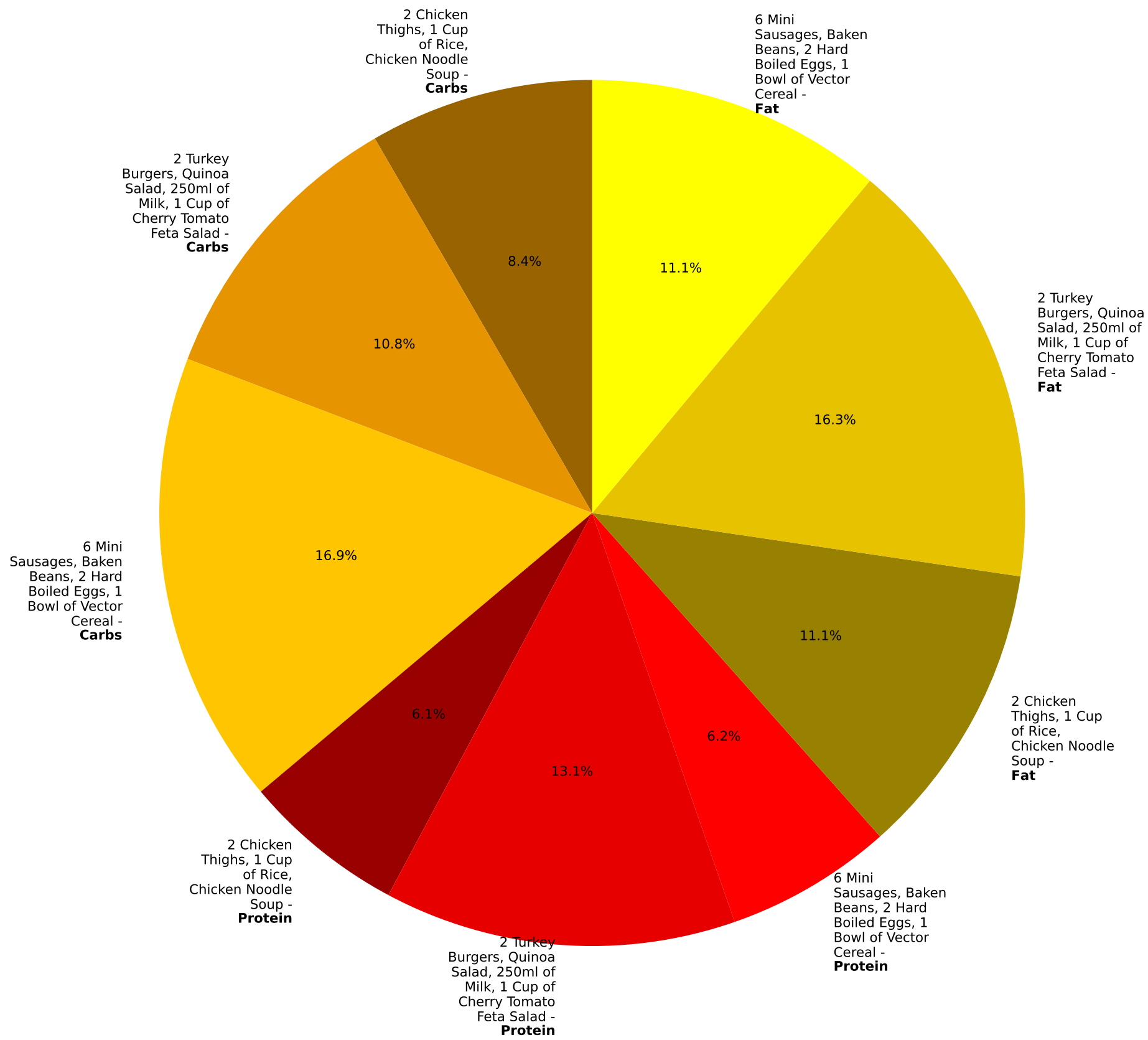


Daily Activity Breakdown (2025-11-15)

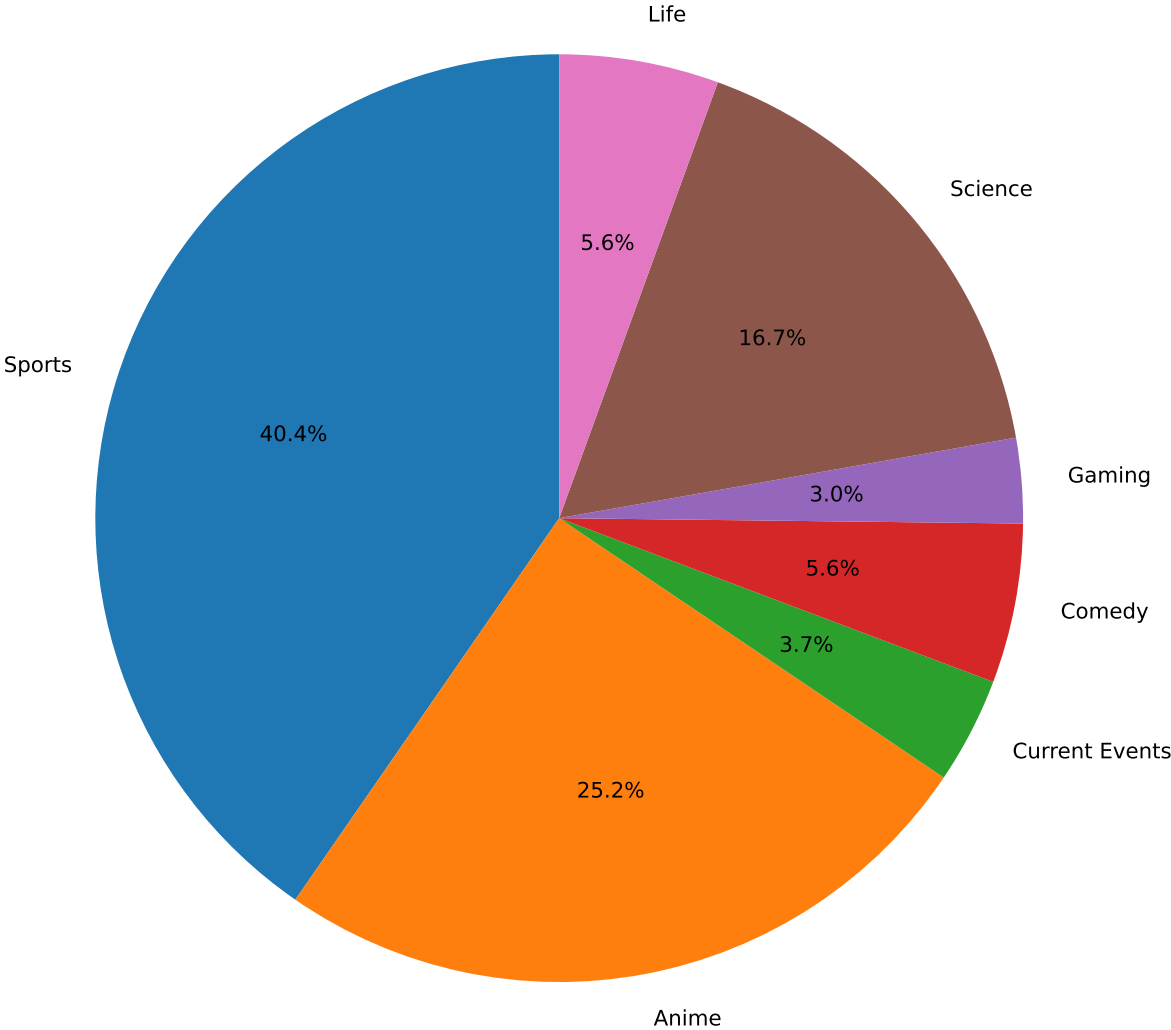


Meal Breakdown (2025-11-15)



| 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 |

Daily Media Breakdown by Category (2025-11-15)



Daily Media Breakdown by Name (2025-11-15)

