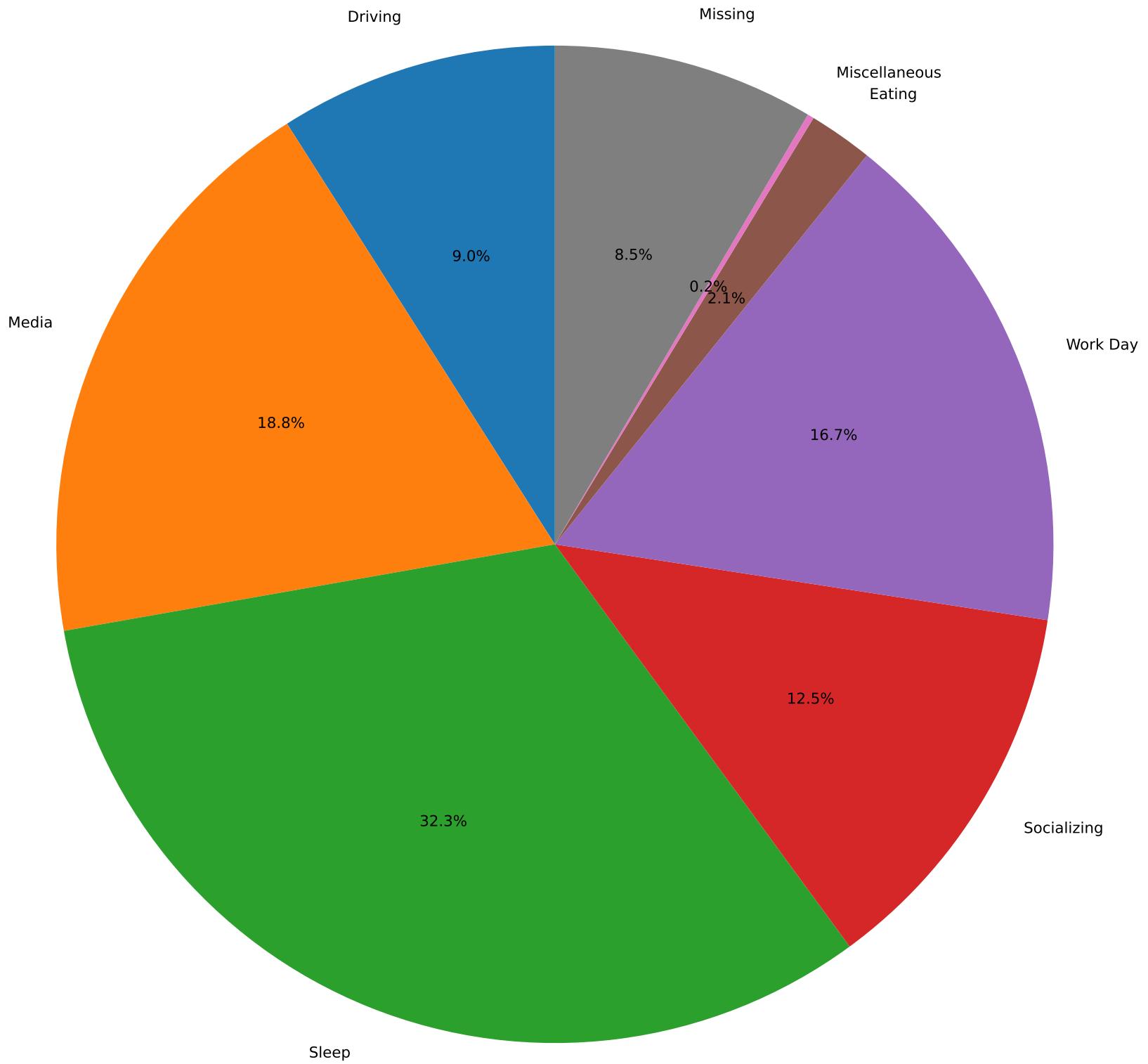
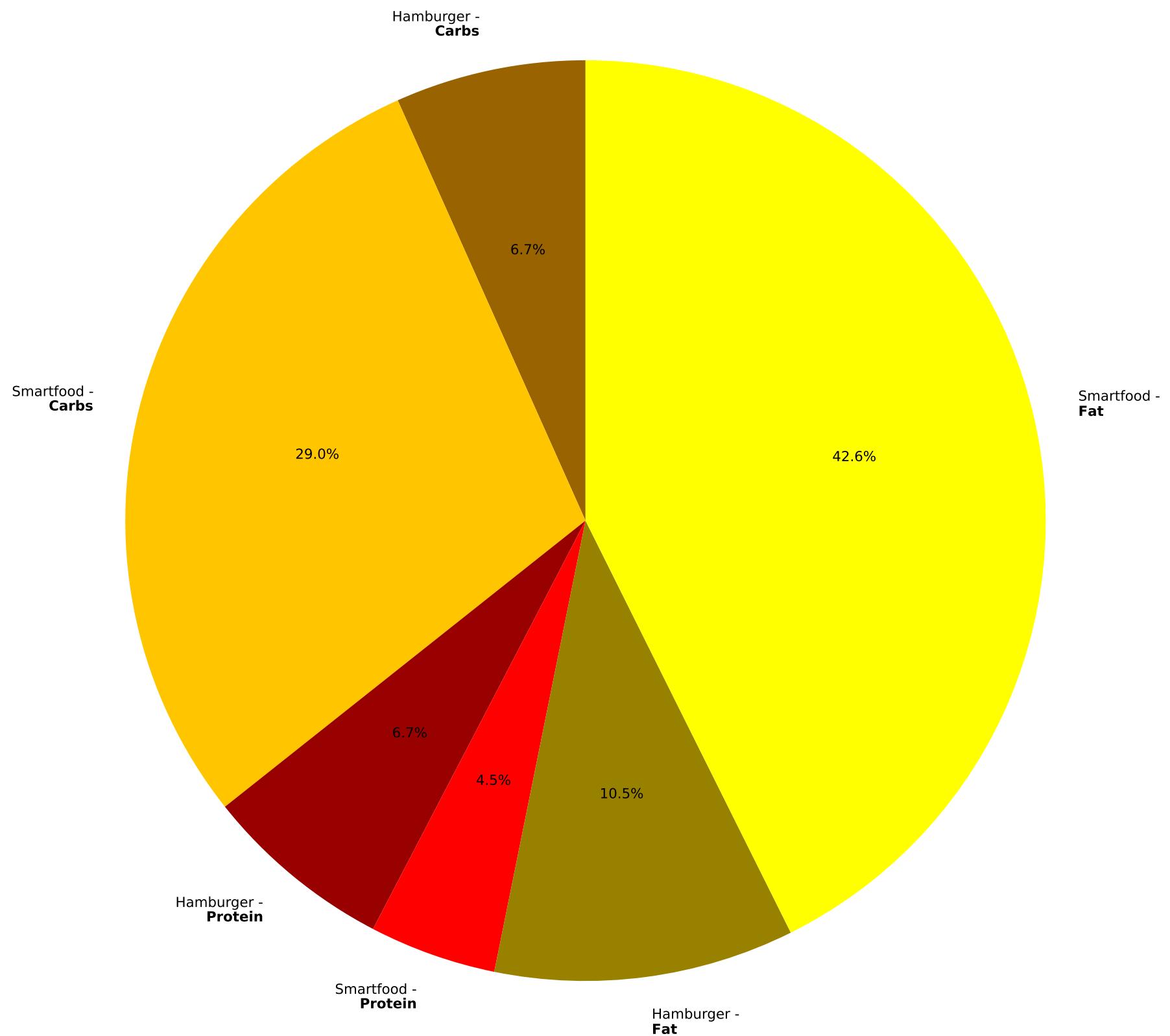


Daily Activity Breakdown (2026-01-05)



### Meal Breakdown (2026-01-05)



# Meal & Snack Macro Table (2026-01-05)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
Hamburger	120	120	189	429
Smartfood	520	80	765	1365
TOTAL	640	200	954	1794