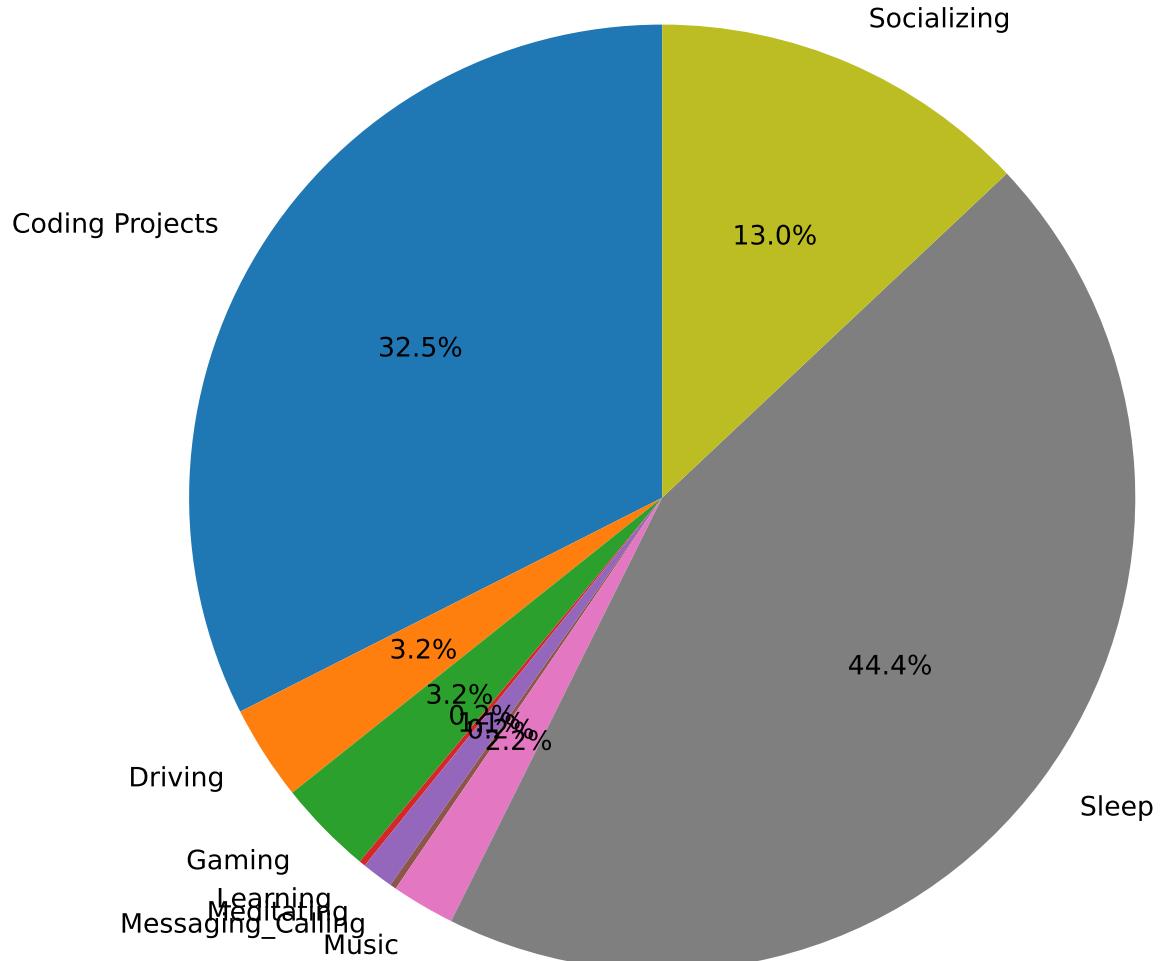
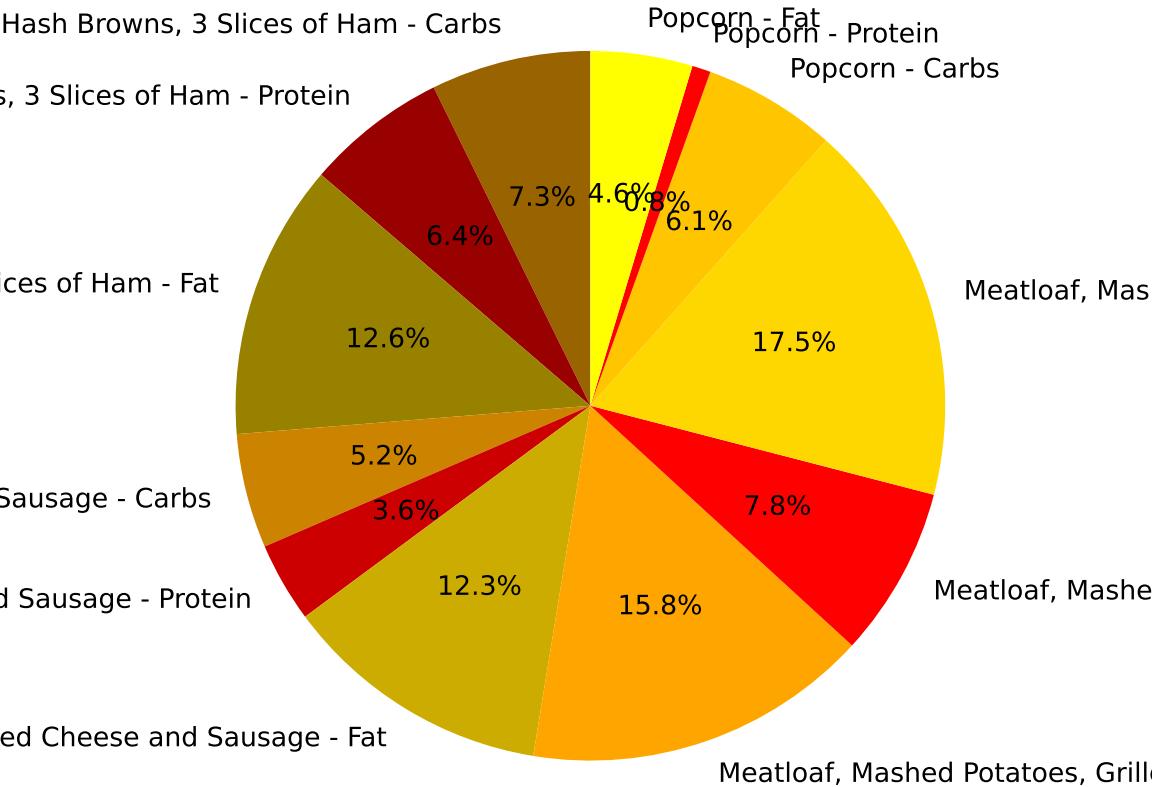


Daily Activity Breakdown (2025-11-12)



Meal Breakdown (2025-11-12)



Meal & Snack Macro Table (2025-11-12)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
3 Scrambled Eggs, Hash Browns, 3 Slices of Ham	240	212	414	866
Grilled Cheese and Sausage	172	120	405	697
Meatloaf, Mashed Potatoes, Grilled Vegetables, 1 Bowl of Vector Cereal and Spinach Salad	520	256	576	1352
Popcorn	200	28	153	381
TOTAL	1132	616	1548	3296