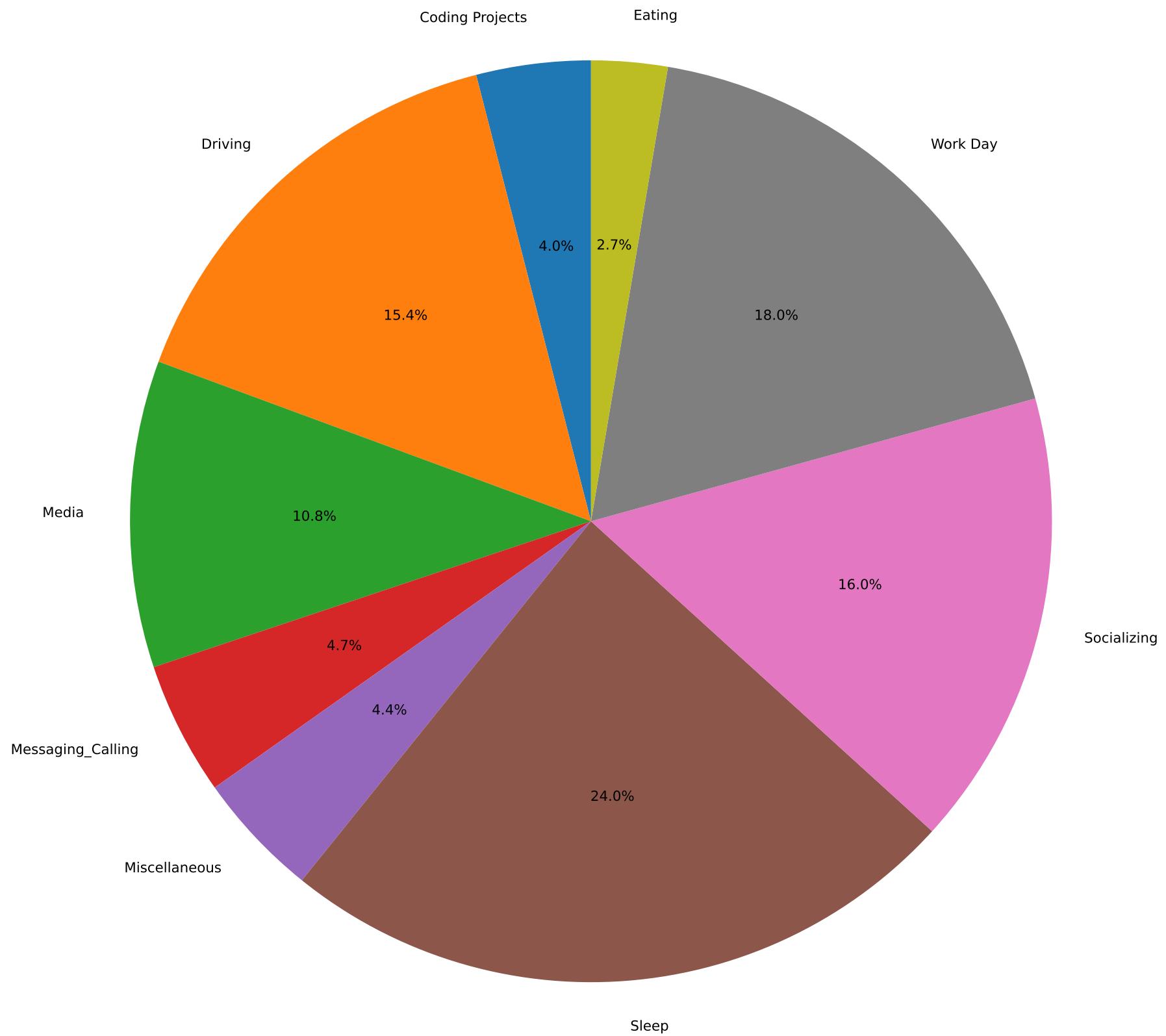
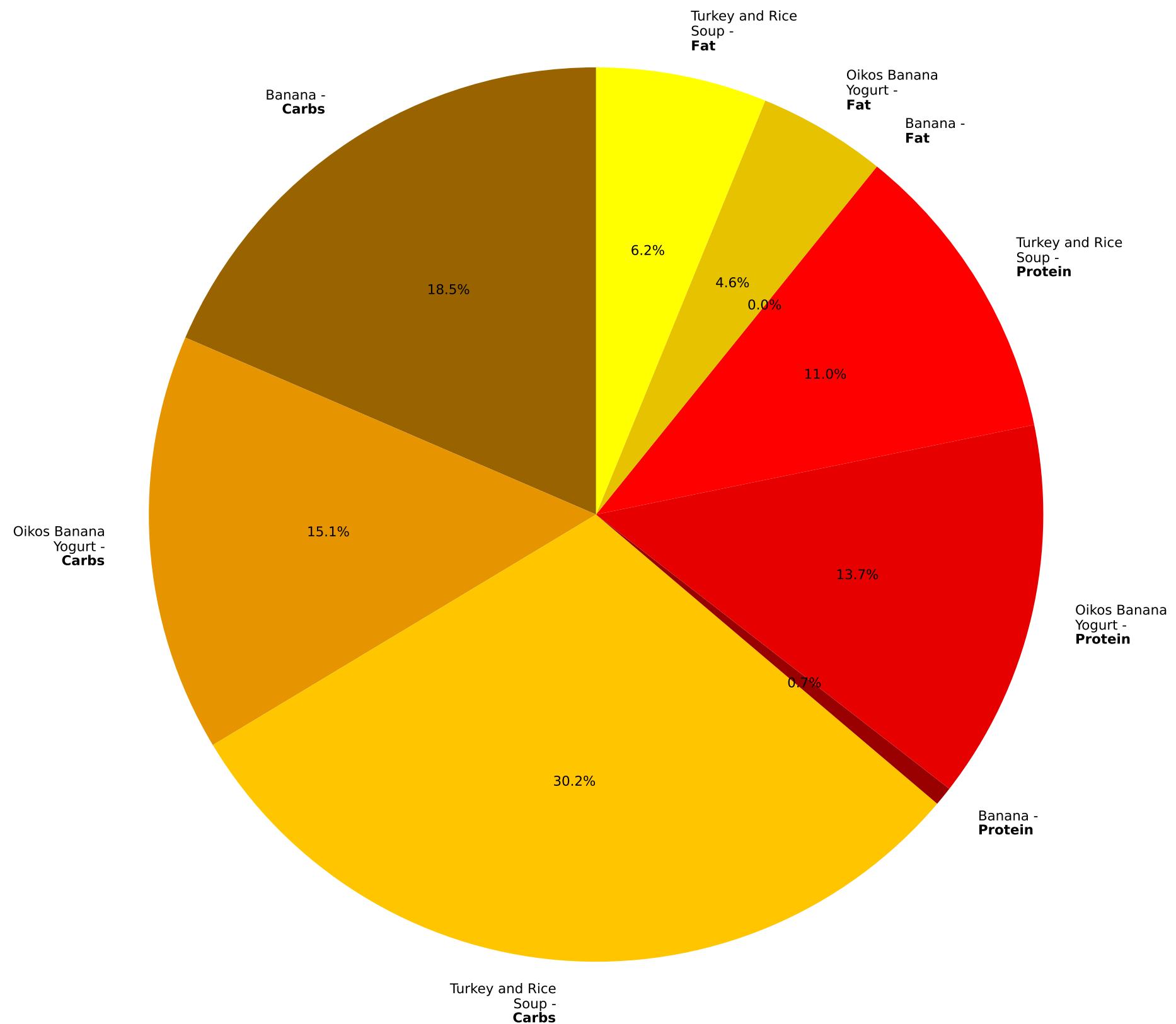


Daily Activity Breakdown (2026-01-06)



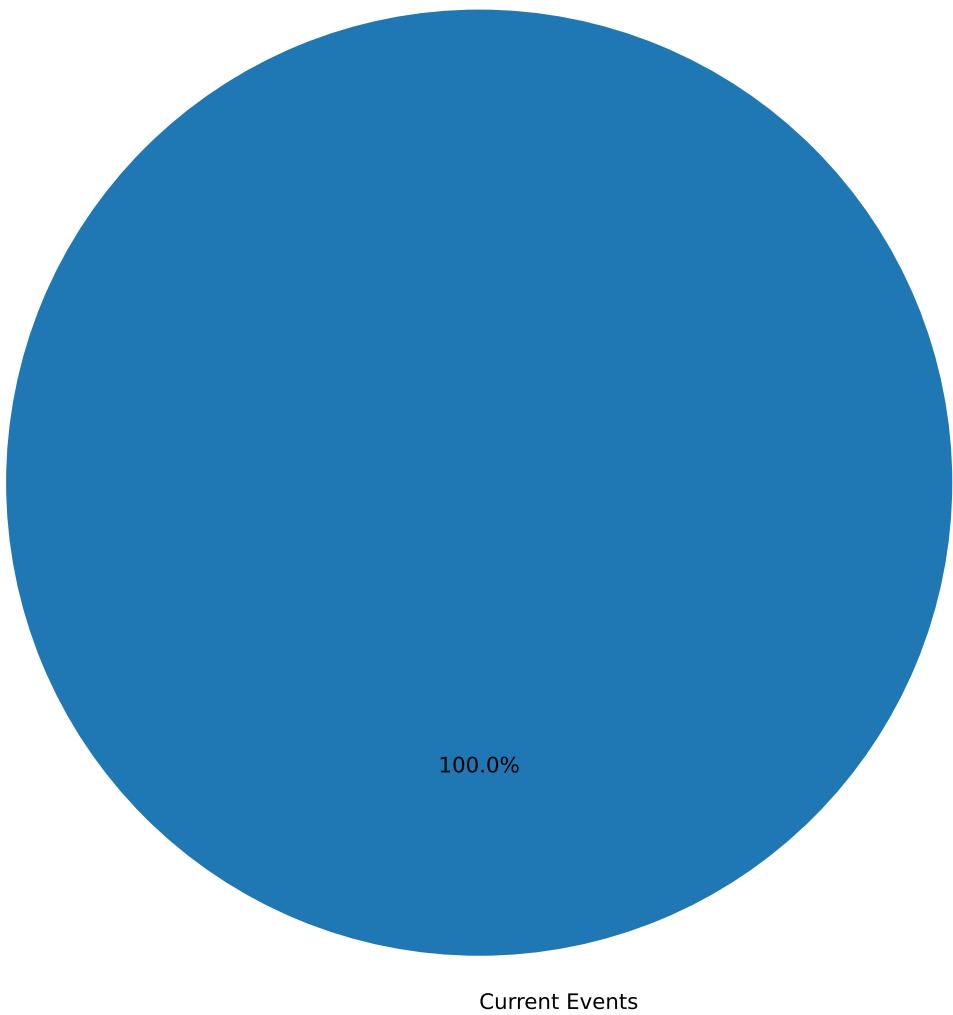
### Meal Breakdown (2026-01-06)



# Meal & Snack Macro Table (2026-01-06)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
Banana	108	4	0	112
Oikos Banana Yogurt	88	80	27	195
Turkey and Rice Soup	176	64	36	276
<b>TOTAL</b>	<b>372</b>	<b>148</b>	<b>63</b>	<b>583</b>

## Daily Media Breakdown by Category (2026-01-06)



## Daily Media Breakdown by Name (2026-01-06)

