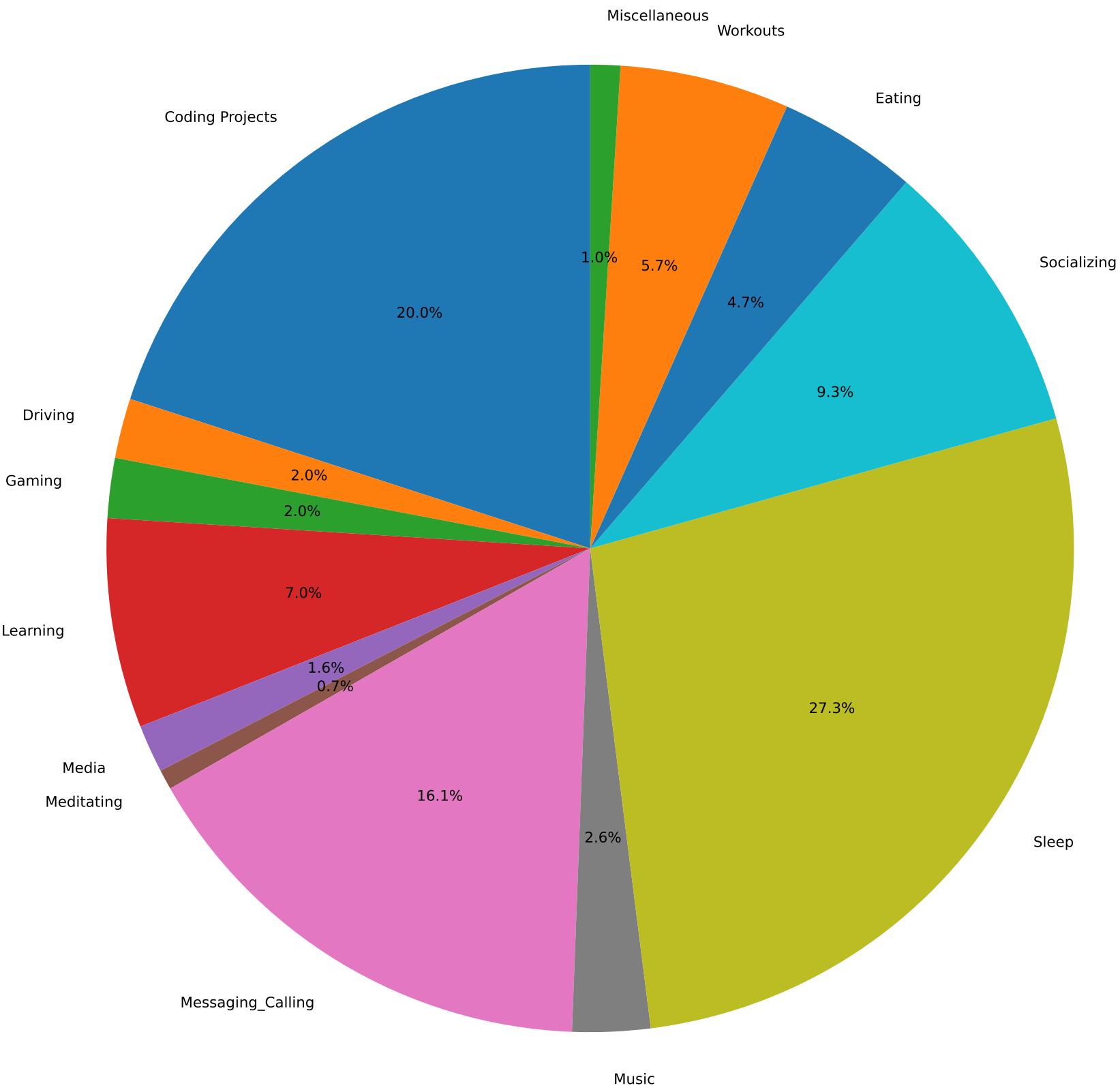
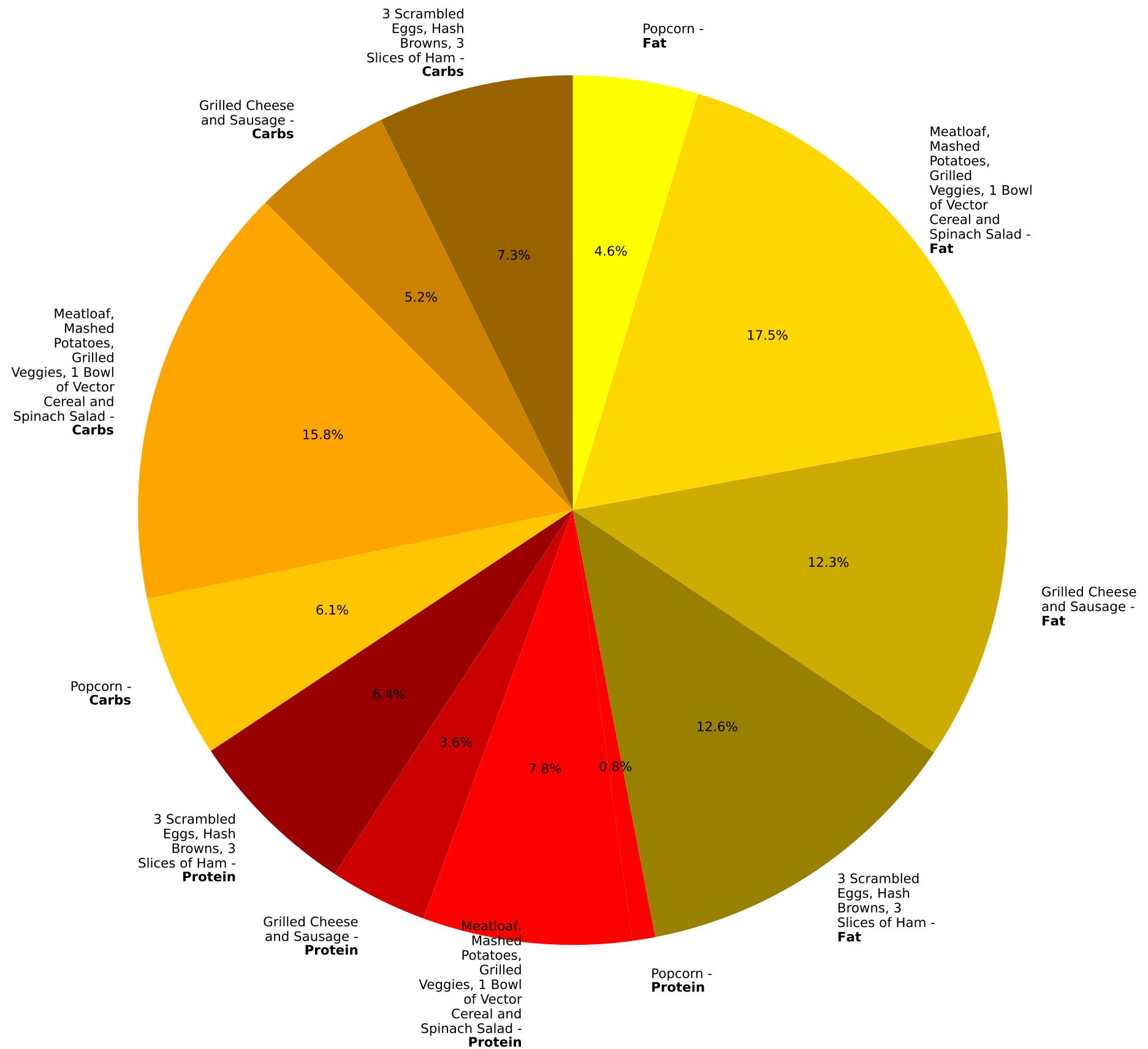


Daily Activity Breakdown (2025-11-12)



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 Veggies, 1 Bowl of Vector Cereal and Spinach Salad | 520 | 256 | 576 | 1352 |
| Popcorn | 200 | 28 | 153 | 381 |
| TOTAL | 1132 | 616 | 1548 | 3296 |