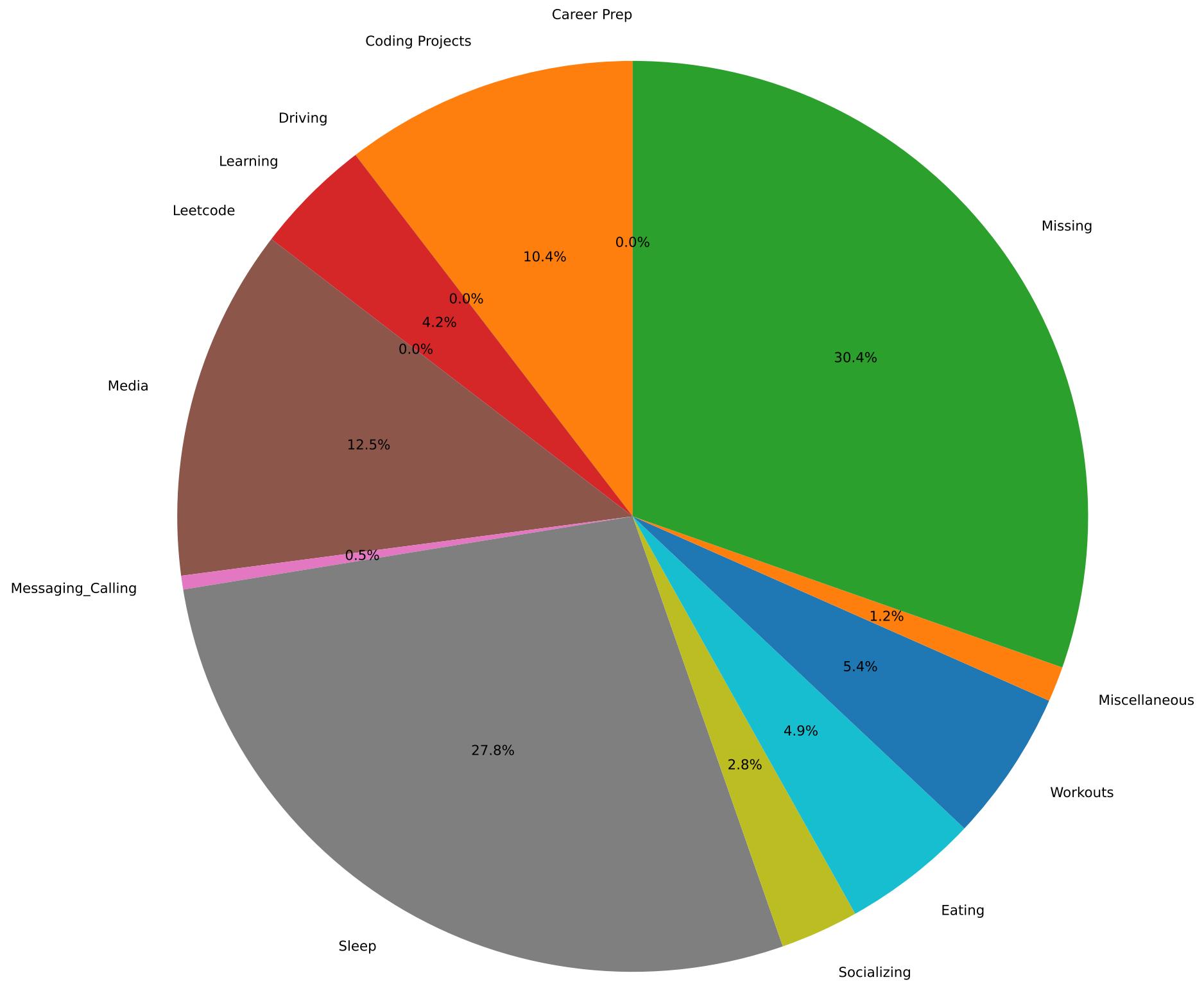
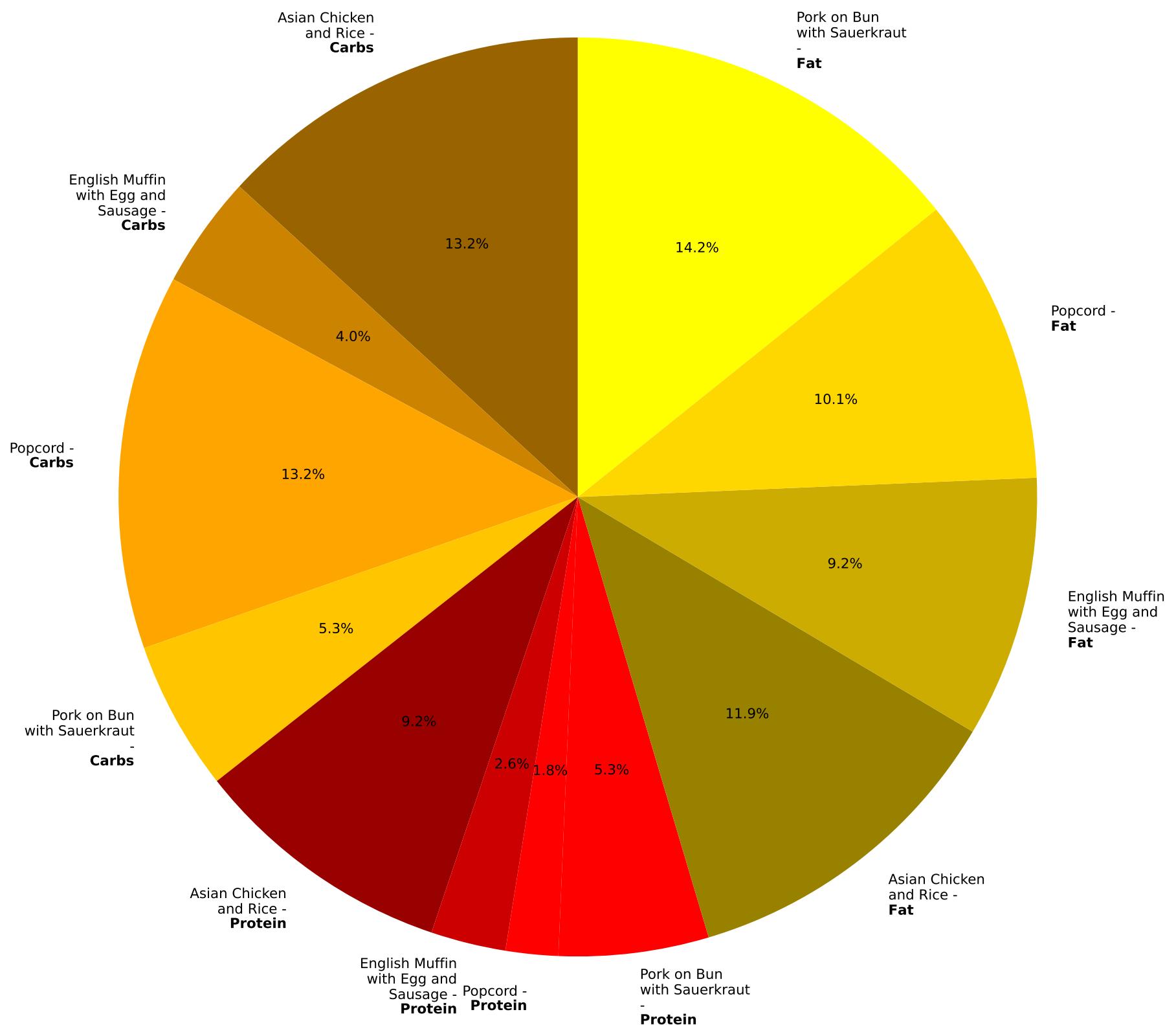


Daily Activity Breakdown (2025-11-10)



## Meal Breakdown (2025-11-10)



# Meal & Snack Macro Table (2025-11-10)

| Meal/Snack                          | Carbs (cal) | Protein (cal) | Fat (cal) | Total (cal) |
|-------------------------------------|-------------|---------------|-----------|-------------|
| Asian Chicken and Rice              | 400         | 280           | 360       | 1040        |
| English Muffin with Egg and Sausage | 120         | 80            | 279       | 479         |
| Popcord                             | 400         | 56            | 306       | 762         |
| Pork on Bun with Sauerkraut         | 160         | 160           | 432       | 752         |
| TOTAL                               | 1080        | 576           | 1377      | 3033        |