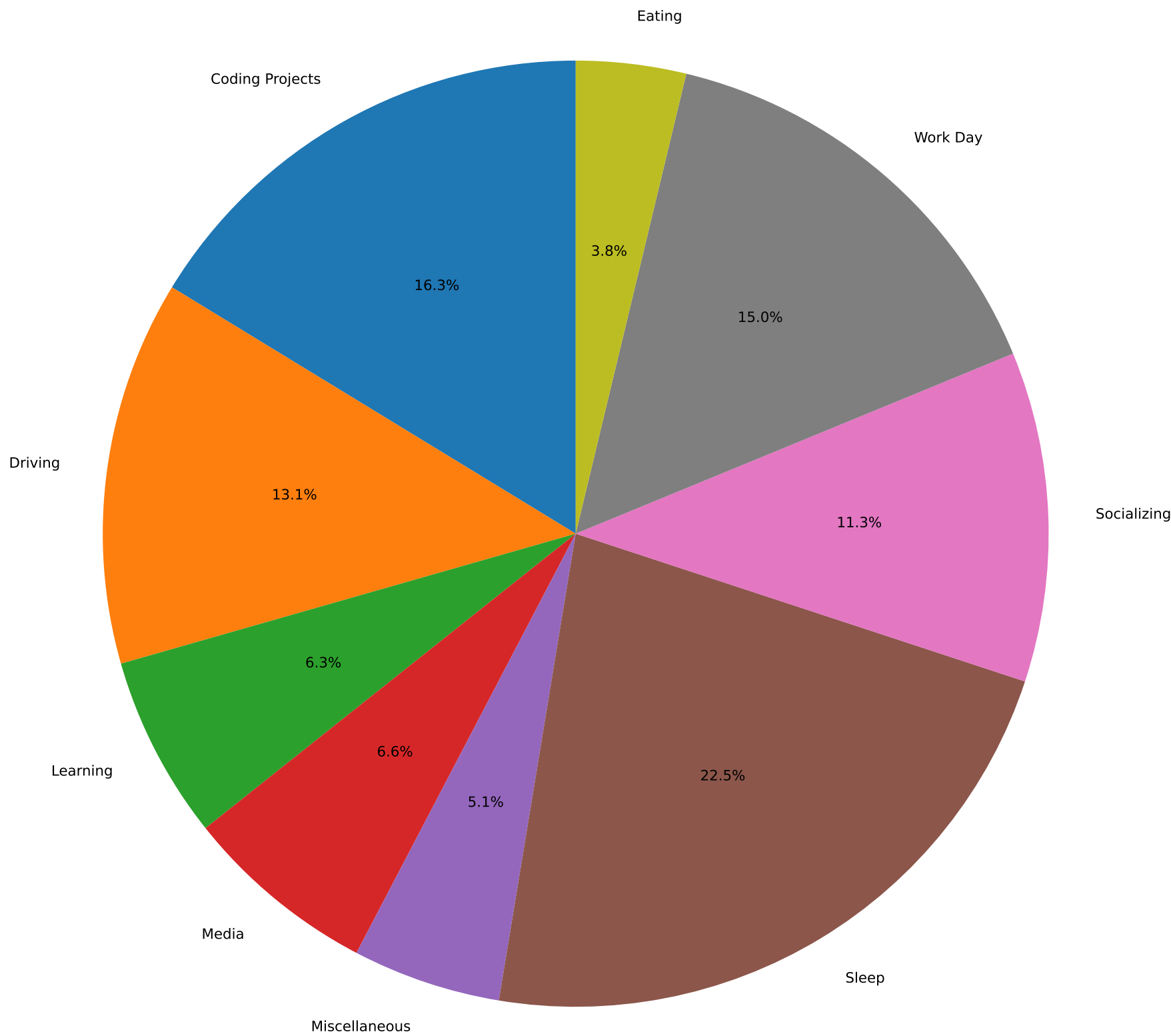
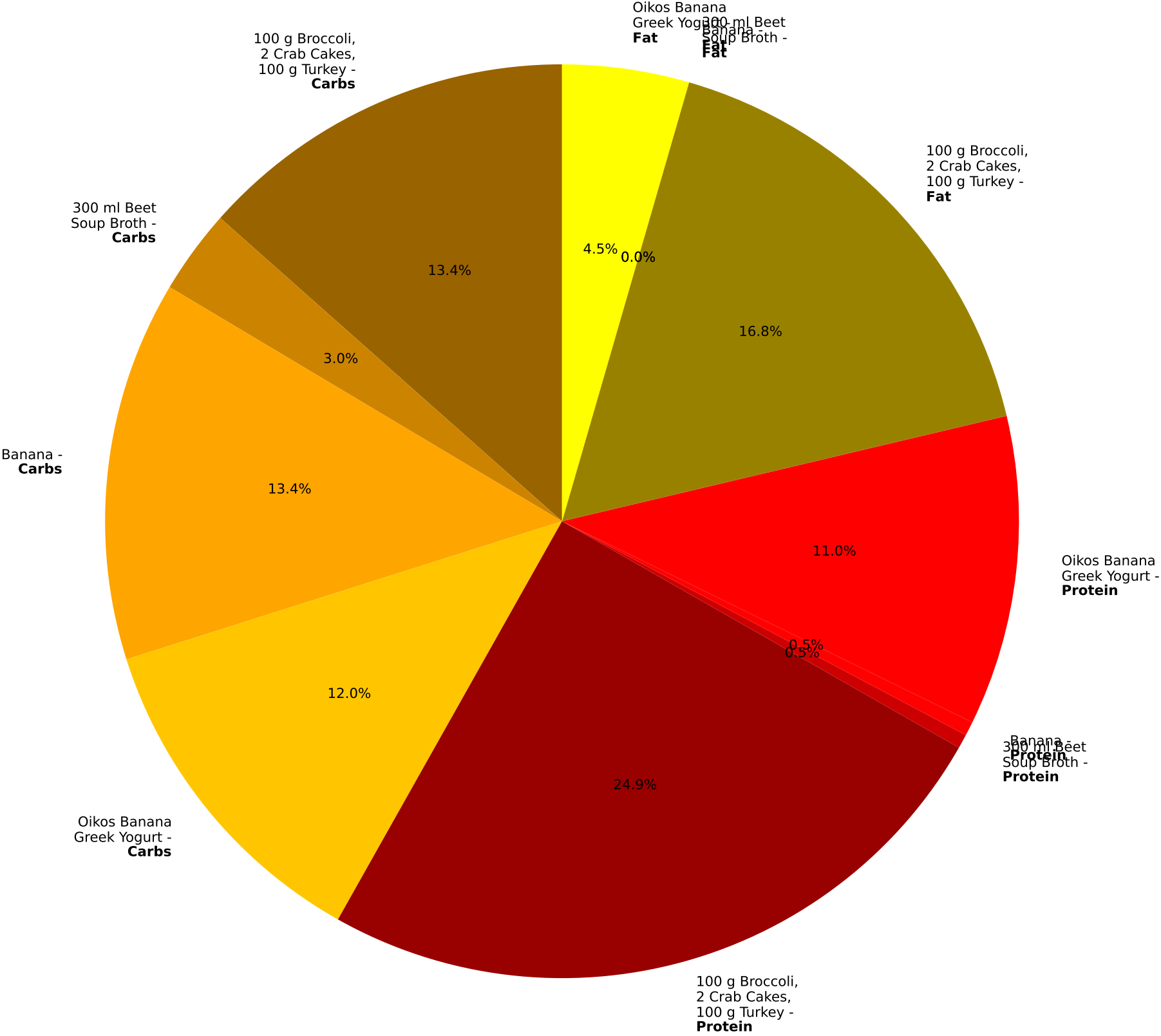


Daily Activity Breakdown (2026-01-07)



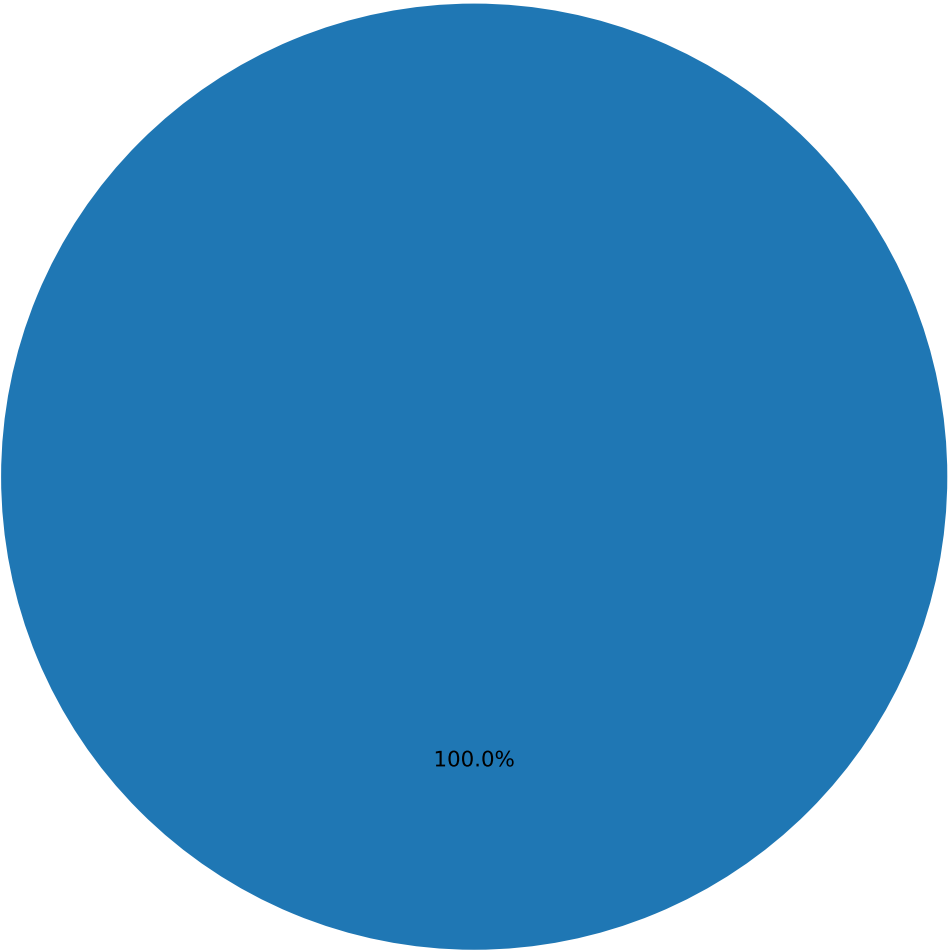
Meal Breakdown (2026-01-07)



Meal & Snack Macro Table (2026-01-07)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
100 g Broccoli, 2 Crab Cakes, 100 g Turkey	108	200	135	443
300 ml Beet Soup Broth	24	4	0	28
Banana	108	4	0	112
Oikos Banana Greek Yogurt	96	88	36	220
TOTAL	336	296	171	803

Daily Media Breakdown by Category (2026-01-07)



Science

Daily Media Breakdown by Name (2026-01-07)

