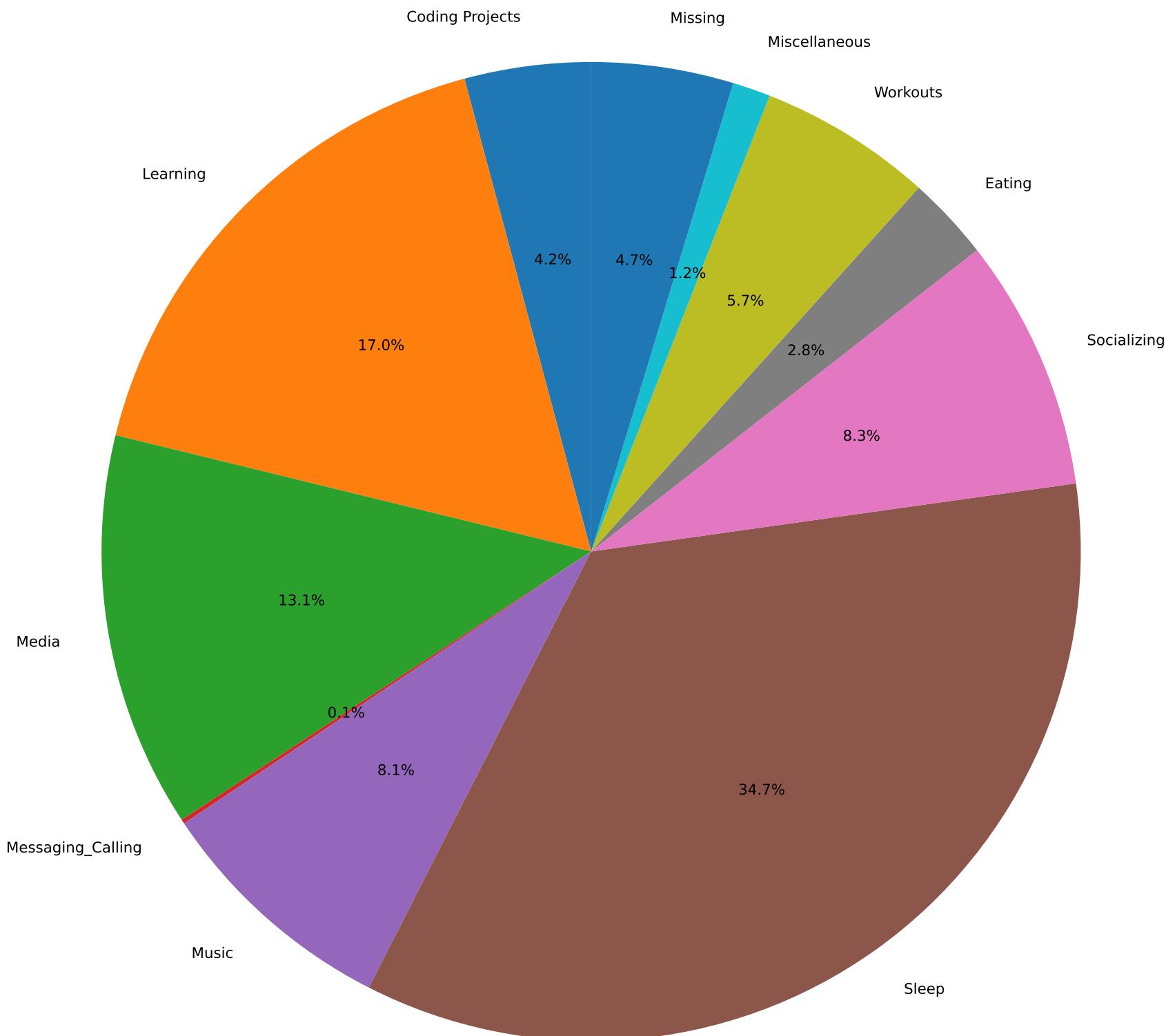
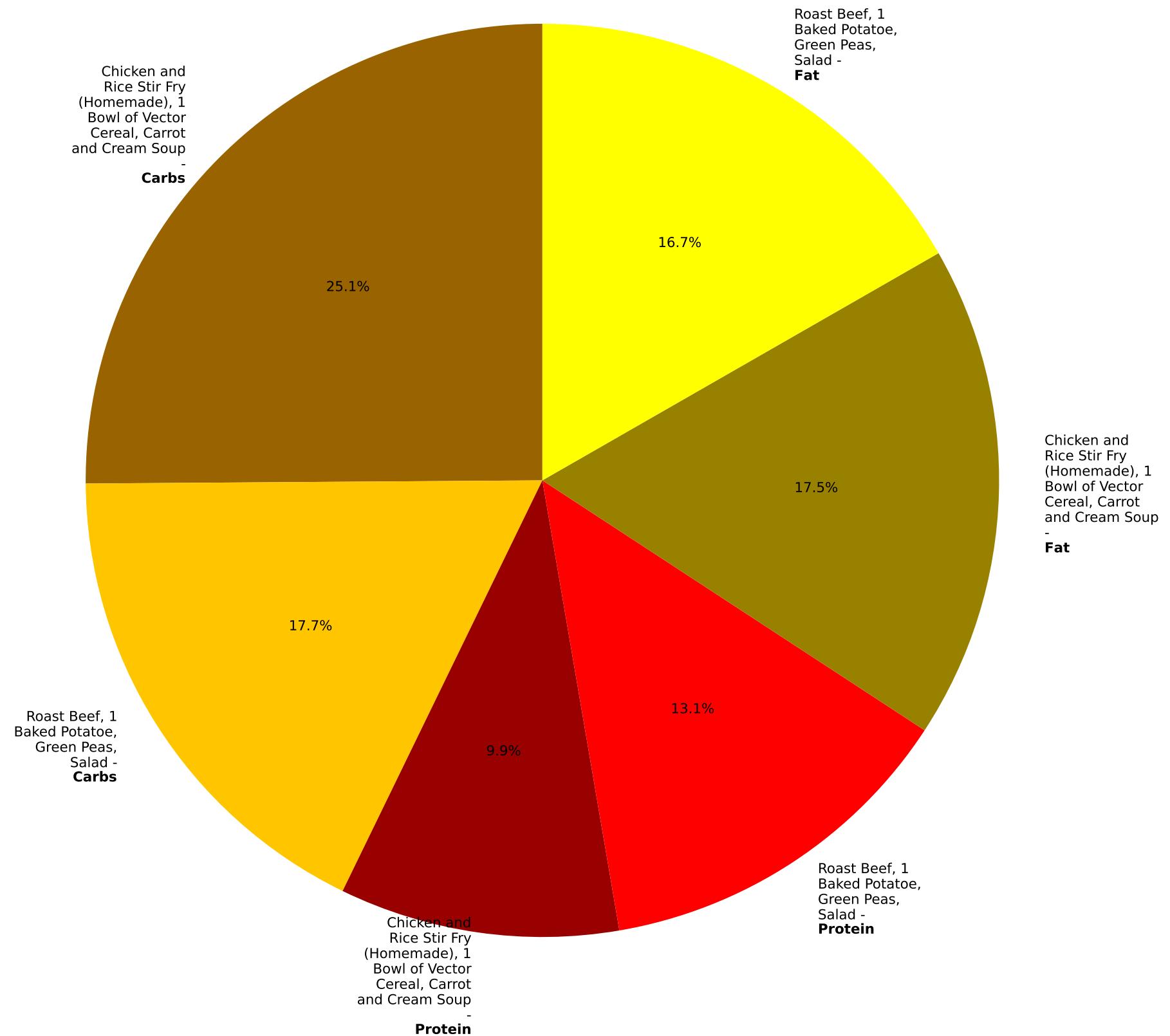


Daily Activity Breakdown (2025-11-16)



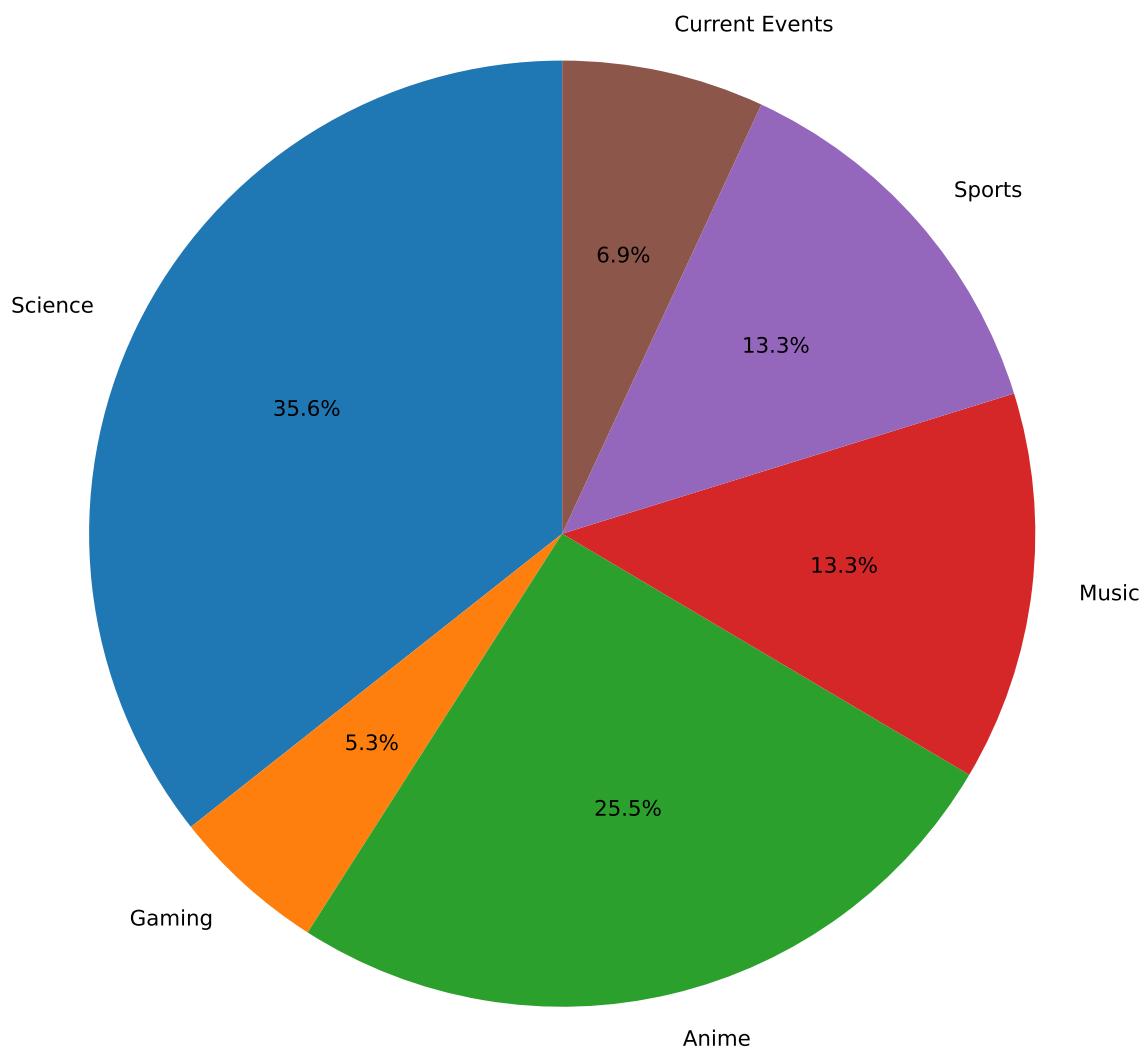
### Meal Breakdown (2025-11-16)



# Meal & Snack Macro Table (2025-11-16)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
Chicken and Rice Stir Fry (Homemade), 1 Bowl of Vector Cereal, Carrot and Cream Soup	284	112	198	594
Roast Beef, 1 Baked Potatoe, Green Peas, Salad	200	148	189	537
TOTAL	484	260	387	1131

Daily Media Breakdown by Category (2025-11-16)



## Daily Media Breakdown by Name (2025-11-16)

