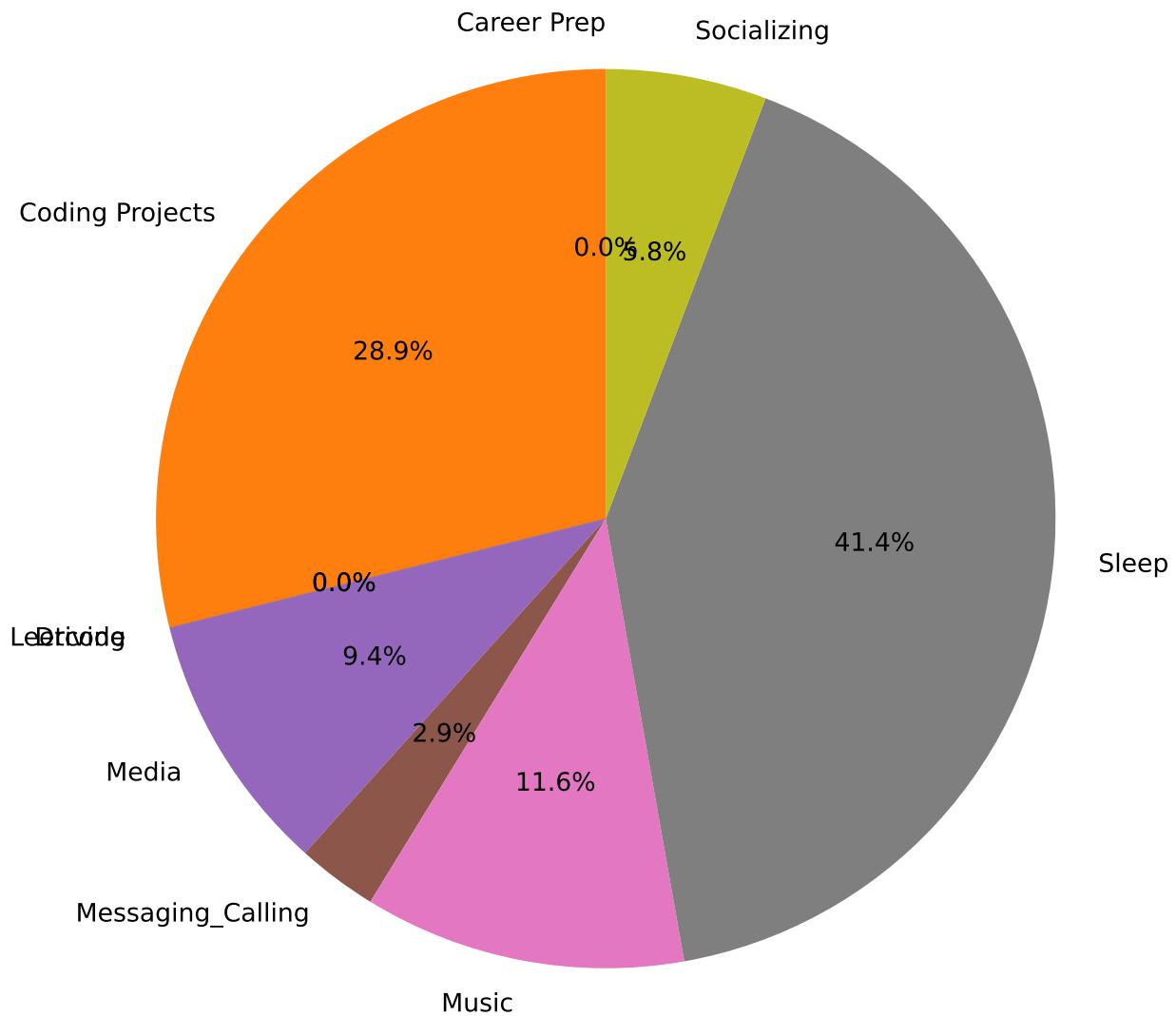


Daily Activity Breakdown (2025-11-11)



Meal Breakdown (2025-11-11)

2 Salmons with Roasted Veggies - Carbs

Roasted Veggies - Protein

ed Veggies - Fat

Bowl of Vector - Carbs

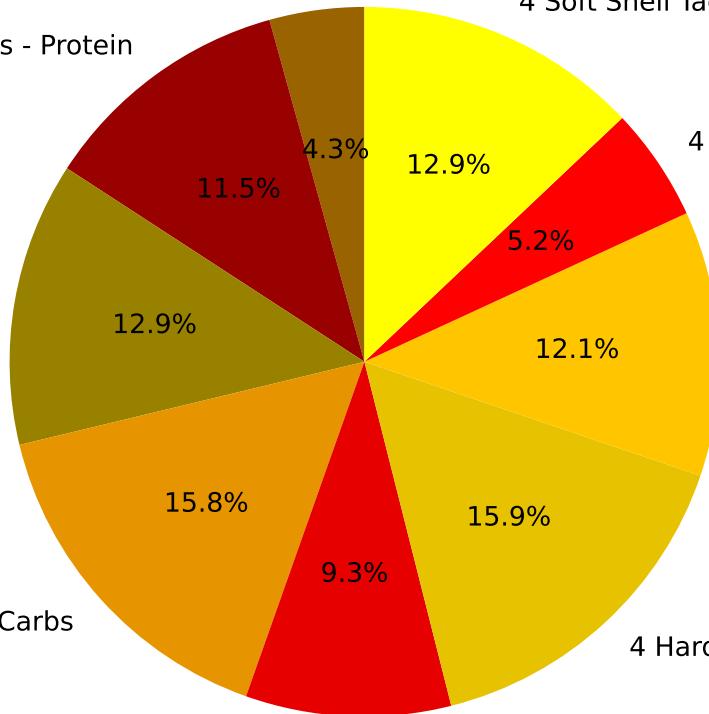
, 1 Cup of Beans, 1 Bowl of Vector - Protein

4 Soft Shell Tacos with Cheese

4 Soft Shell Tacos

4 Soft Shell Tacos

4 Hard Boiled Eggs, 6



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

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 Salmons with Roast ed Veggies	120	320	360	800
4 Hard Boiled Eggs, 6 pc of Bacon, Two Slices of Toast, 1 Cup of Beans, 1 Bowl o f Vectors	440	260	441	1141
4 Soft Shell Tacos with Cheese and Lettuce	336	144	360	840
TOTAL	896	724	1161	2781