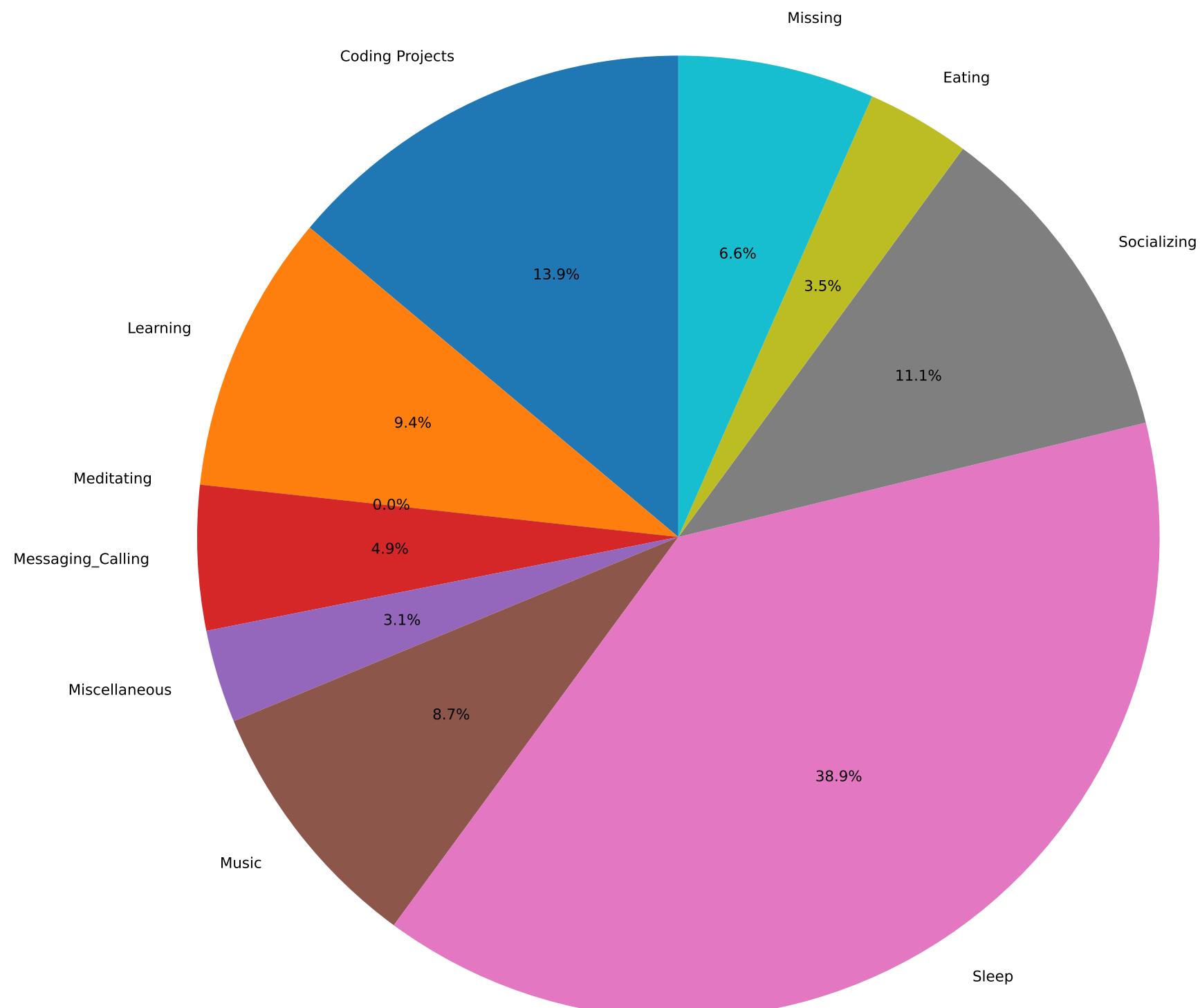
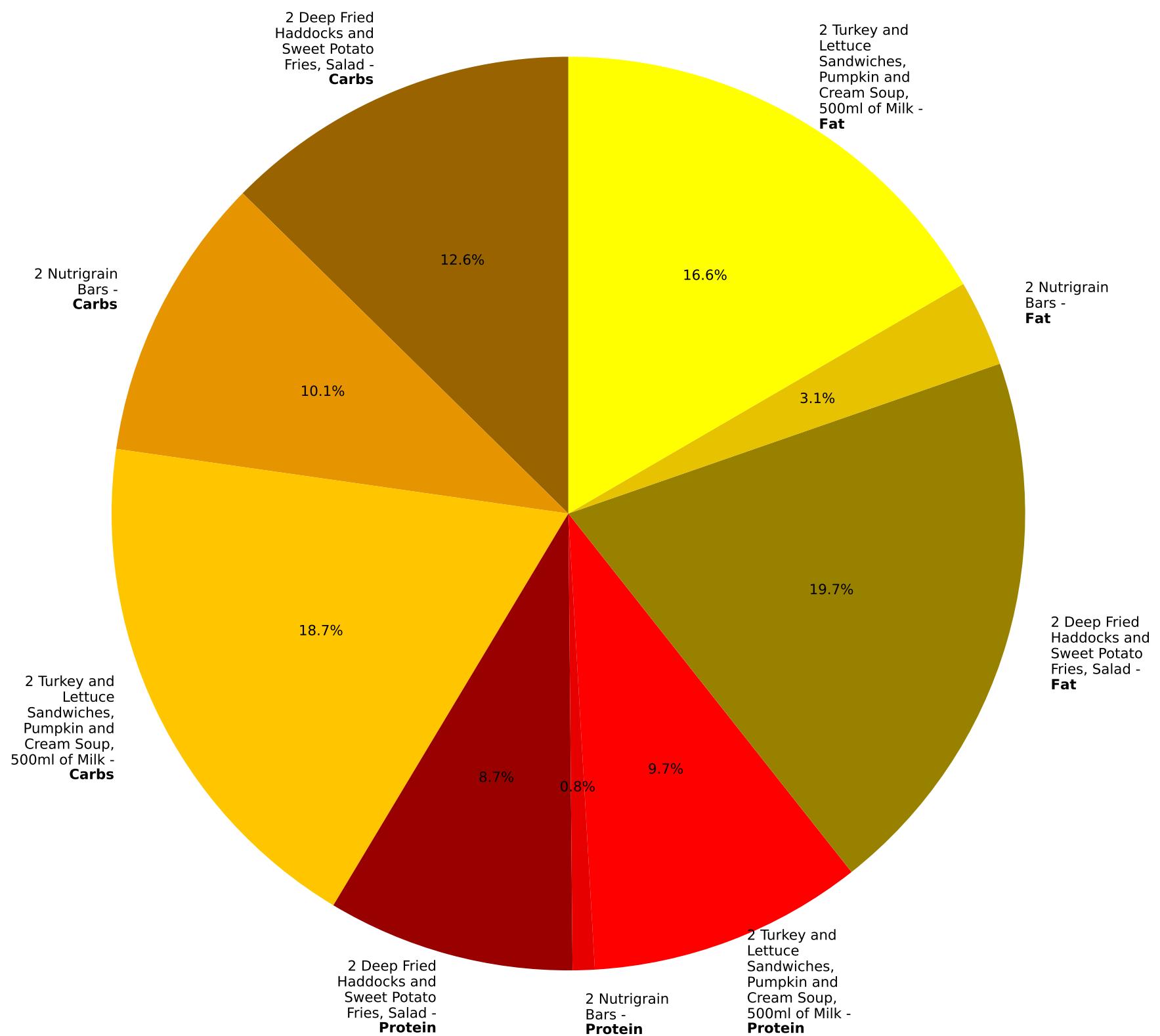


Daily Activity Breakdown (2025-11-18)



Meal Breakdown (2025-11-18)



# Meal & Snack Macro Table (2025-11-18)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 Deep Fried Haddock and Sweet Potato Fries, Salad	260	180	405	845
2 Nutrigrain Bars	208	16	63	287
2 Turkey and Lettuce Sandwiches, Pumpkin and Cream Soup, 500ml of Milk	384	200	342	926
TOTAL	852	396	810	2058