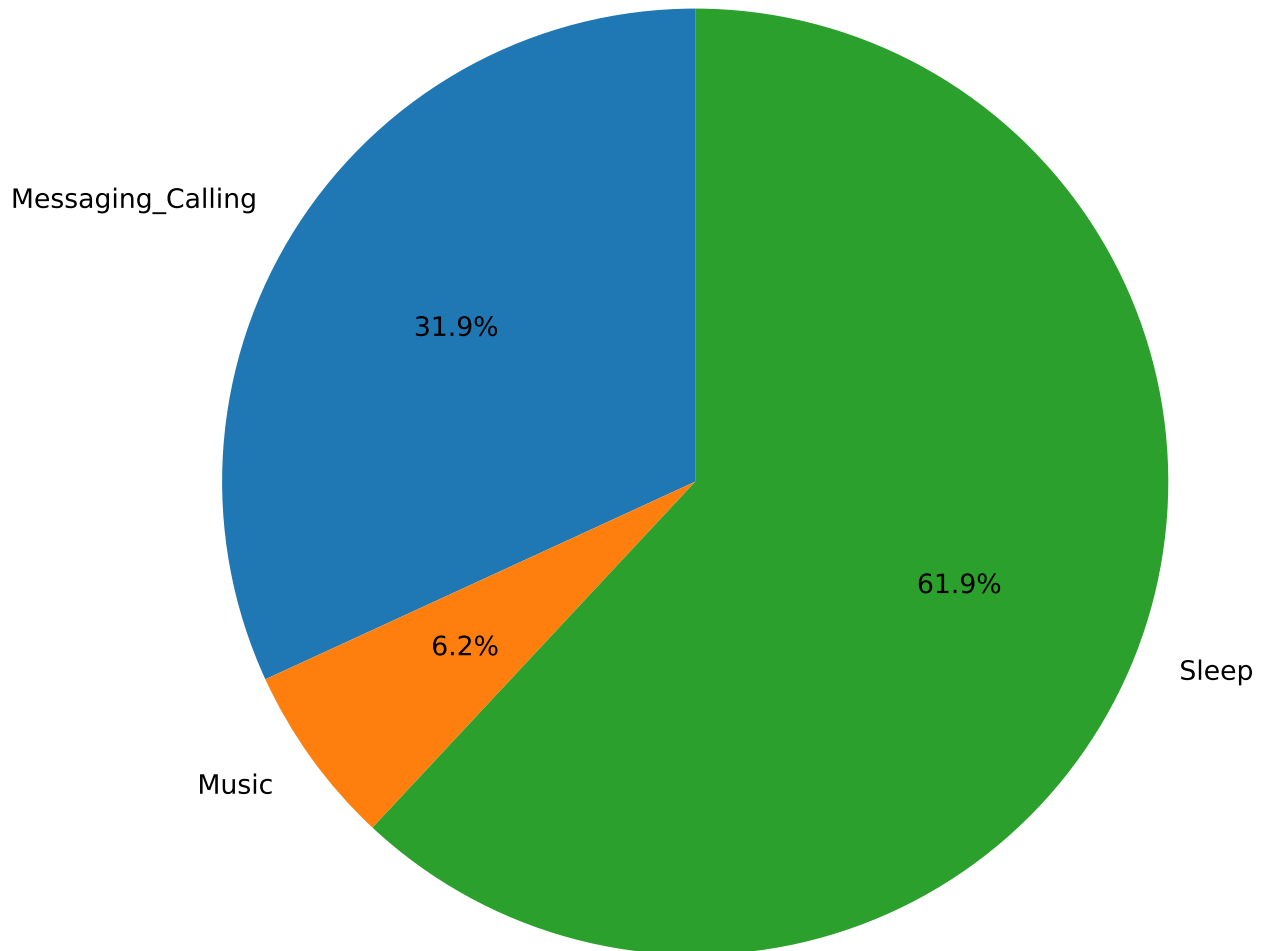


Daily Activity Breakdown (2025-11-13)



Meal Breakdown (2025-11-13)

1 Bowl of Vector Cereal - Carbs

1 Bowl of Leak Soup - Protein

1 Bowl of Leak Soup - Fat

1 Bowl of Vector Cereal - Carbs

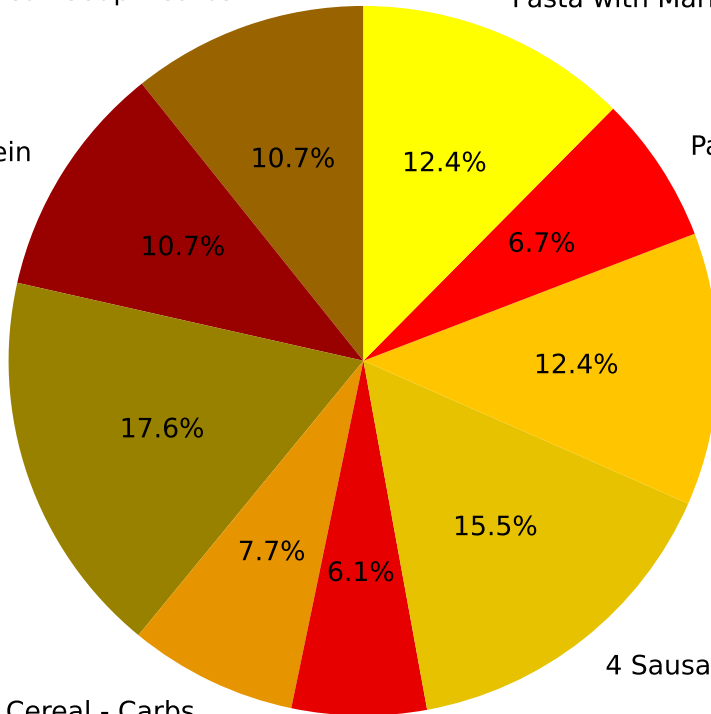
2 Hard Boiled Eggs, 1 Bowl of Vector Cereal - Protein

Pasta with Marinara Sauce, 5 M

Pasta with Marina

Pasta with M

4 Sausages, 2 Hard Boil



Meal & Snack Macro Table (2025-11-13)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 Chicken Fajitas with Cheese and 1 Bowl of Leak Soup	280	280	459	1019
4 Sausages, 2 Hard Boiled Eggs, 1 Bowl of Vector Cereal	200	160	405	765
Pasta with Marinara Sauce, 5 Meatballs, 2 cups of mushrooms	324	176	324	824
TOTAL	804	616	1188	2608