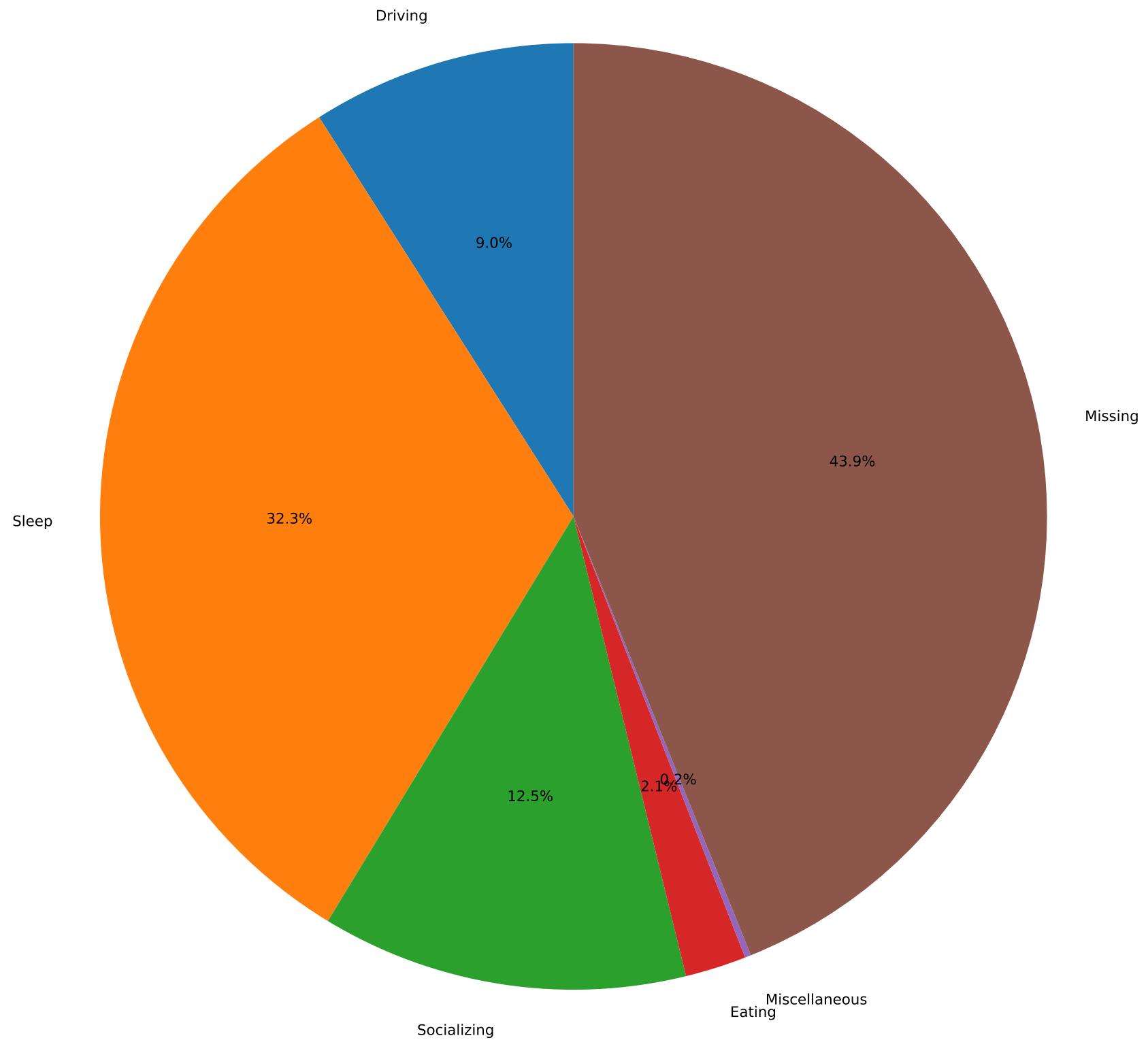
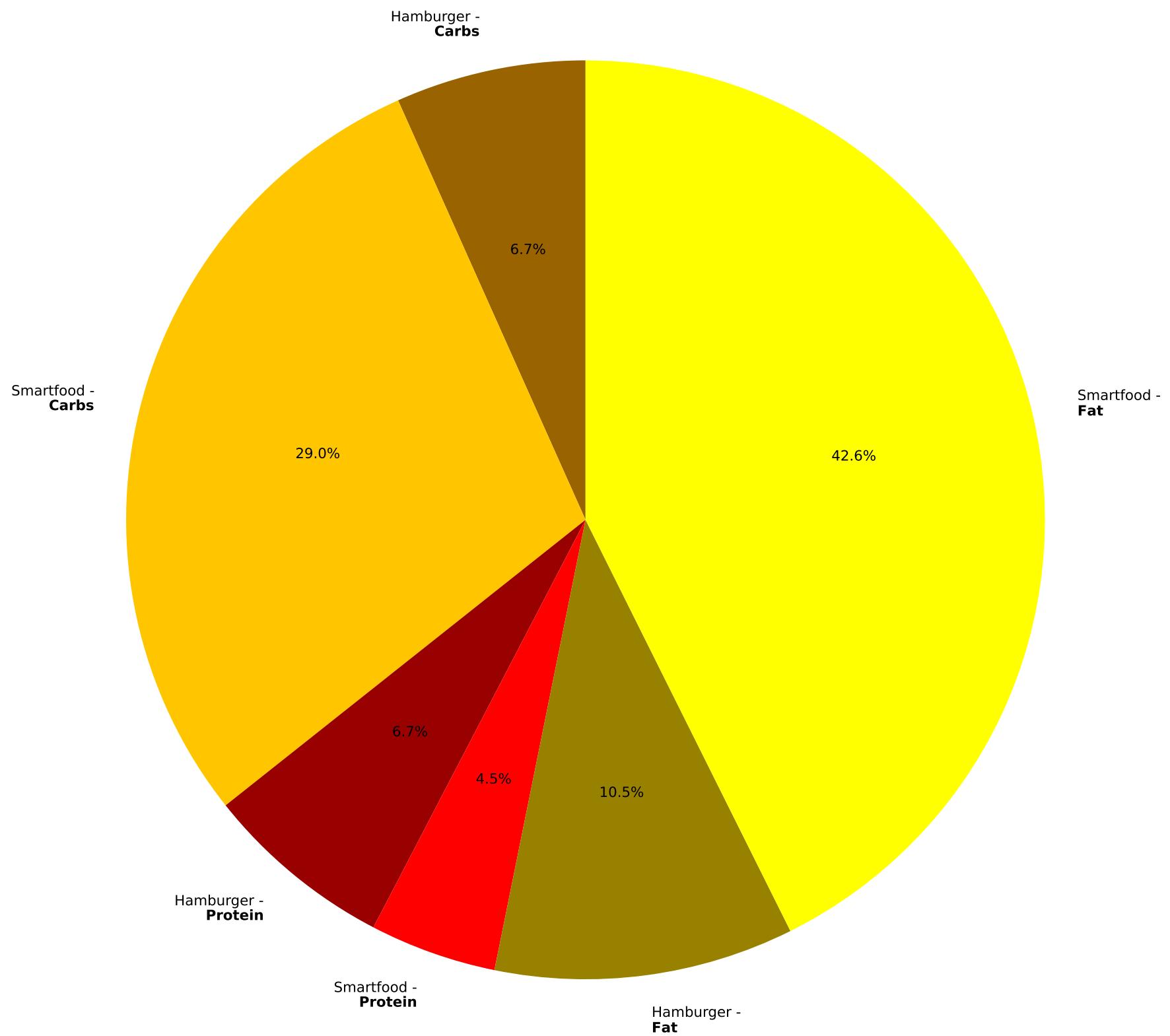


### Daily Activity Breakdown (2026-01-05)



Meal Breakdown (2026-01-05)



# Meal & Snack Macro Table (2026-01-05)

| Meal/Snack | Carbs (cal) | Protein (cal) | Fat (cal) | Total (cal) |
|------------|-------------|---------------|-----------|-------------|
| Hamburger  | 120         | 120           | 189       | 429         |
| Smartfood  | 520         | 80            | 765       | 1365        |
| TOTAL      | 640         | 200           | 954       | 1794        |