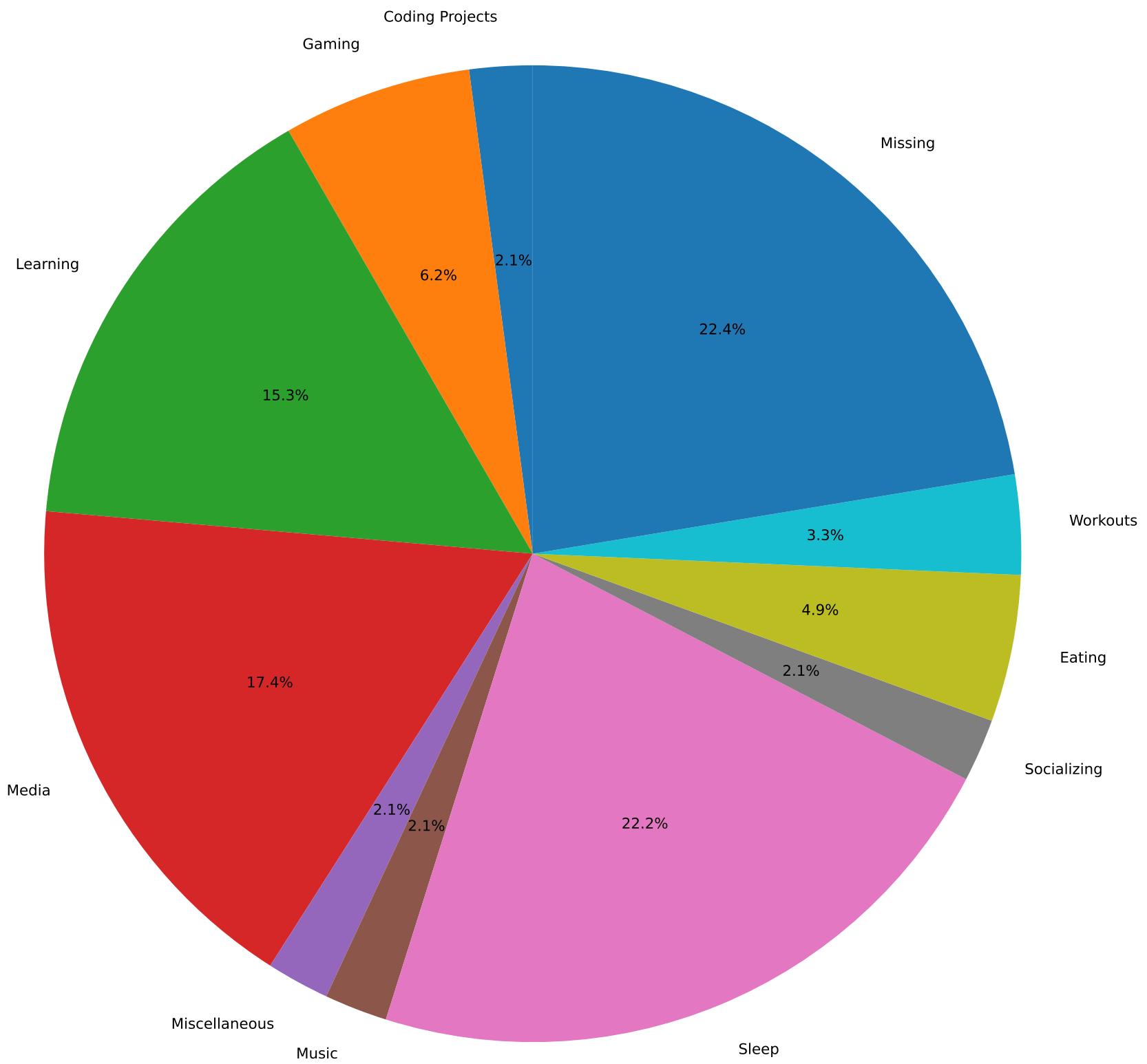
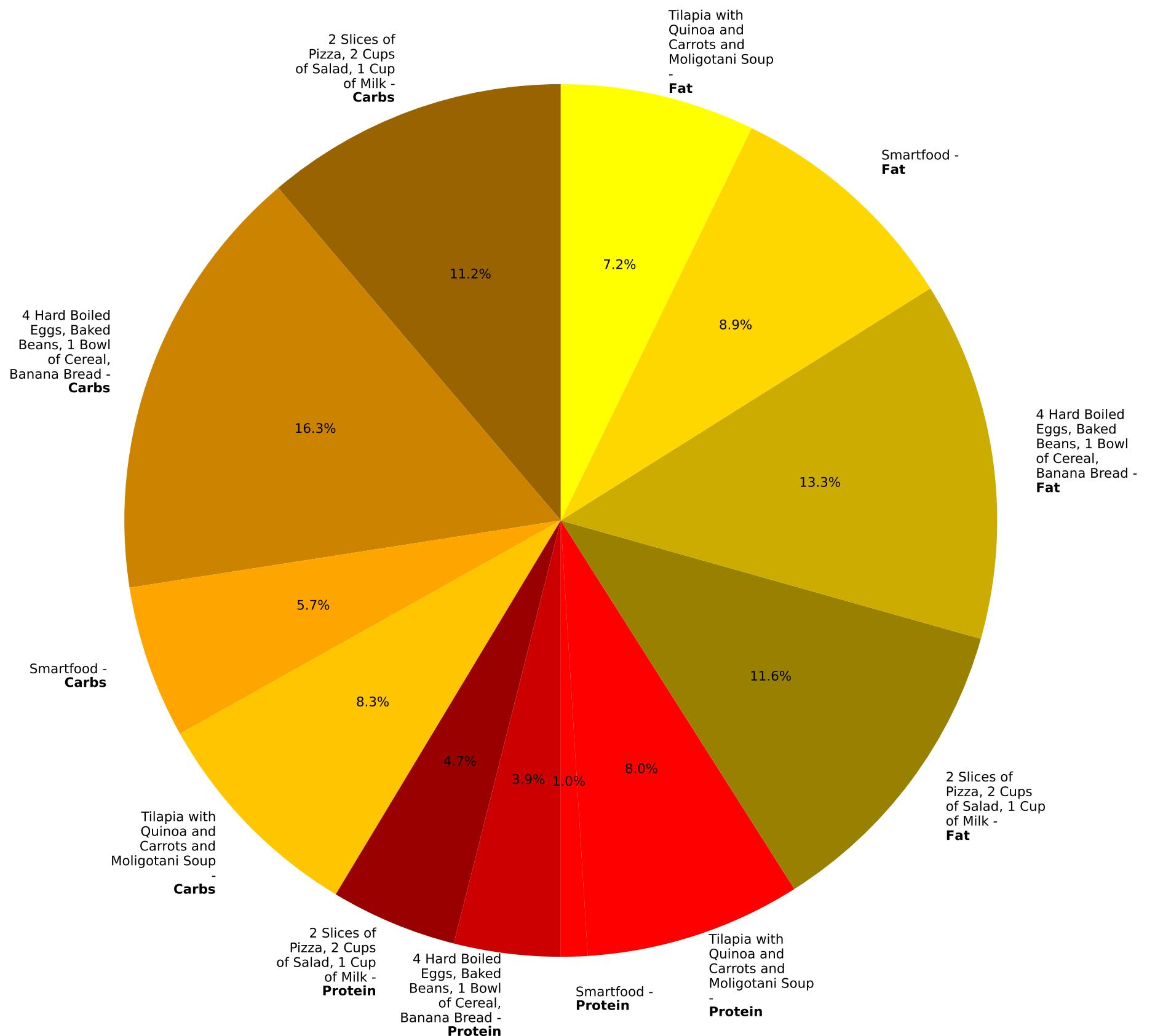


Daily Activity Breakdown (2025-11-14)



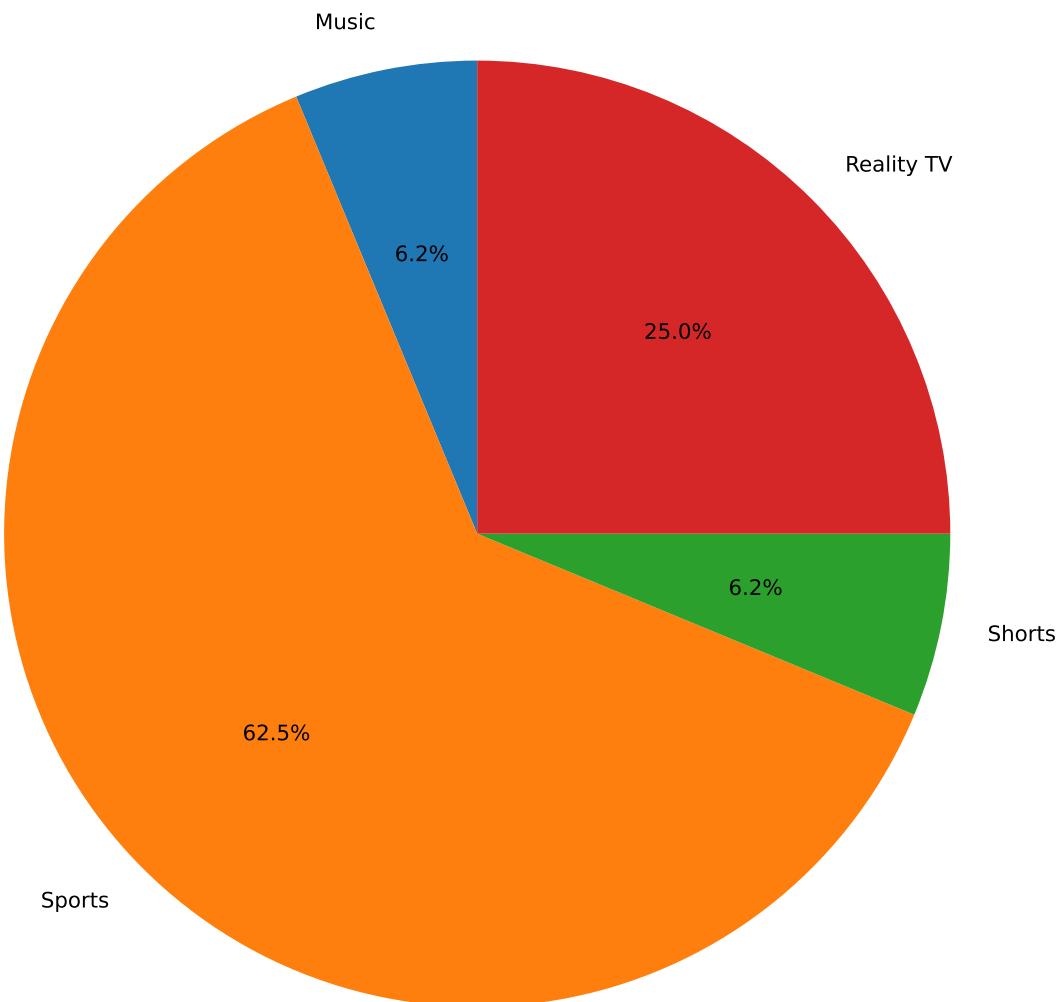
## Meal Breakdown (2025-11-14)



Meal &amp; Snack Macro Table (2025-11-14)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 Slices of Pizza, 2 Cups of Salad, 1 Cup of Milk	364	152	378	894
4 Hard Boiled Eggs, Baked Beans, 1 Bowl of Cereal, Banana Bread	528	128	432	1088
Smartfood	184	32	288	504
Tilapia with Quinoa and Carrots and Moligotani Soup	268	260	234	762
<b>TOTAL</b>	<b>1344</b>	<b>572</b>	<b>1332</b>	<b>3248</b>

Daily Media Breakdown by Category (2025-11-14)



## Daily Media Breakdown by Name (2025-11-14)

