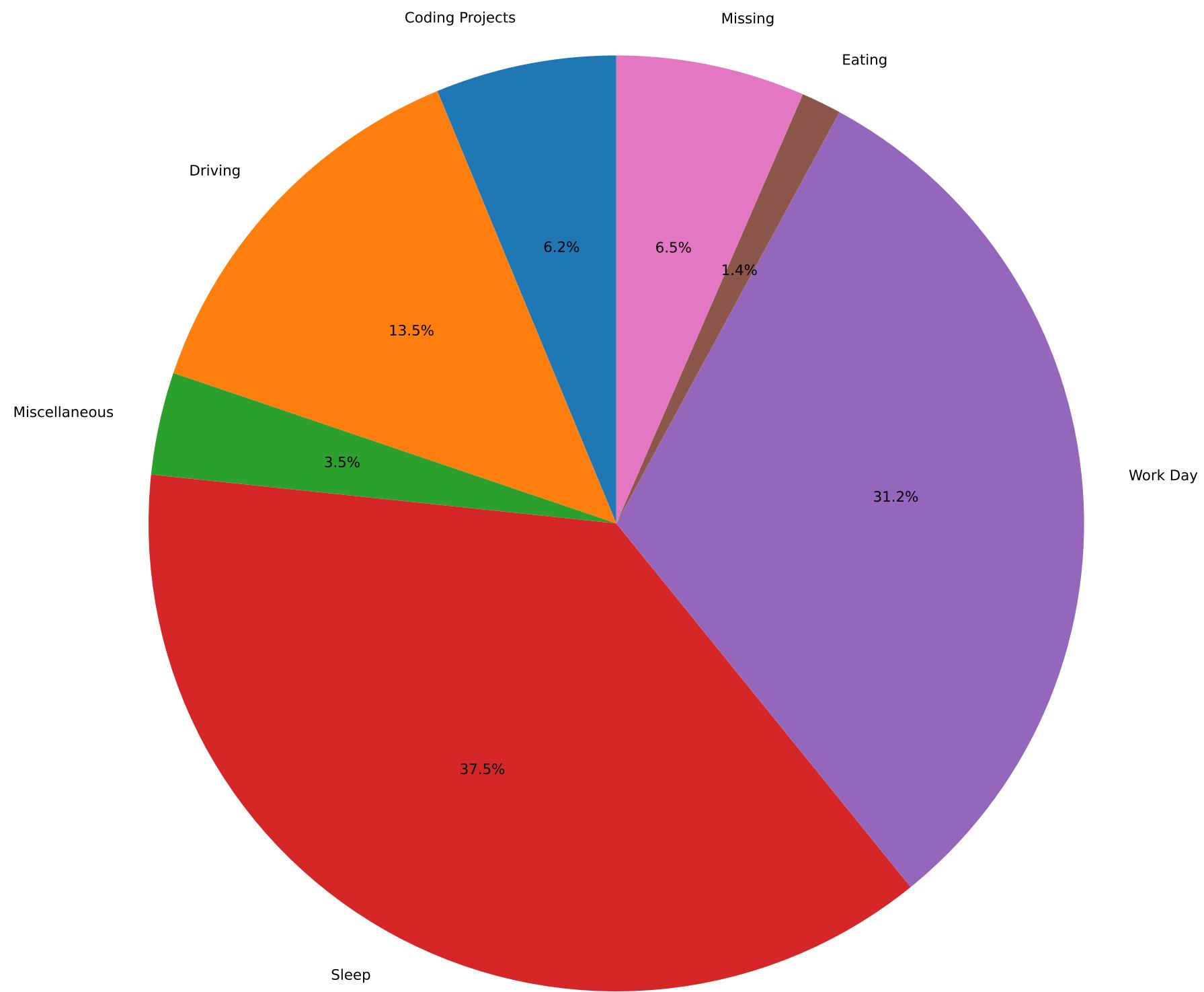
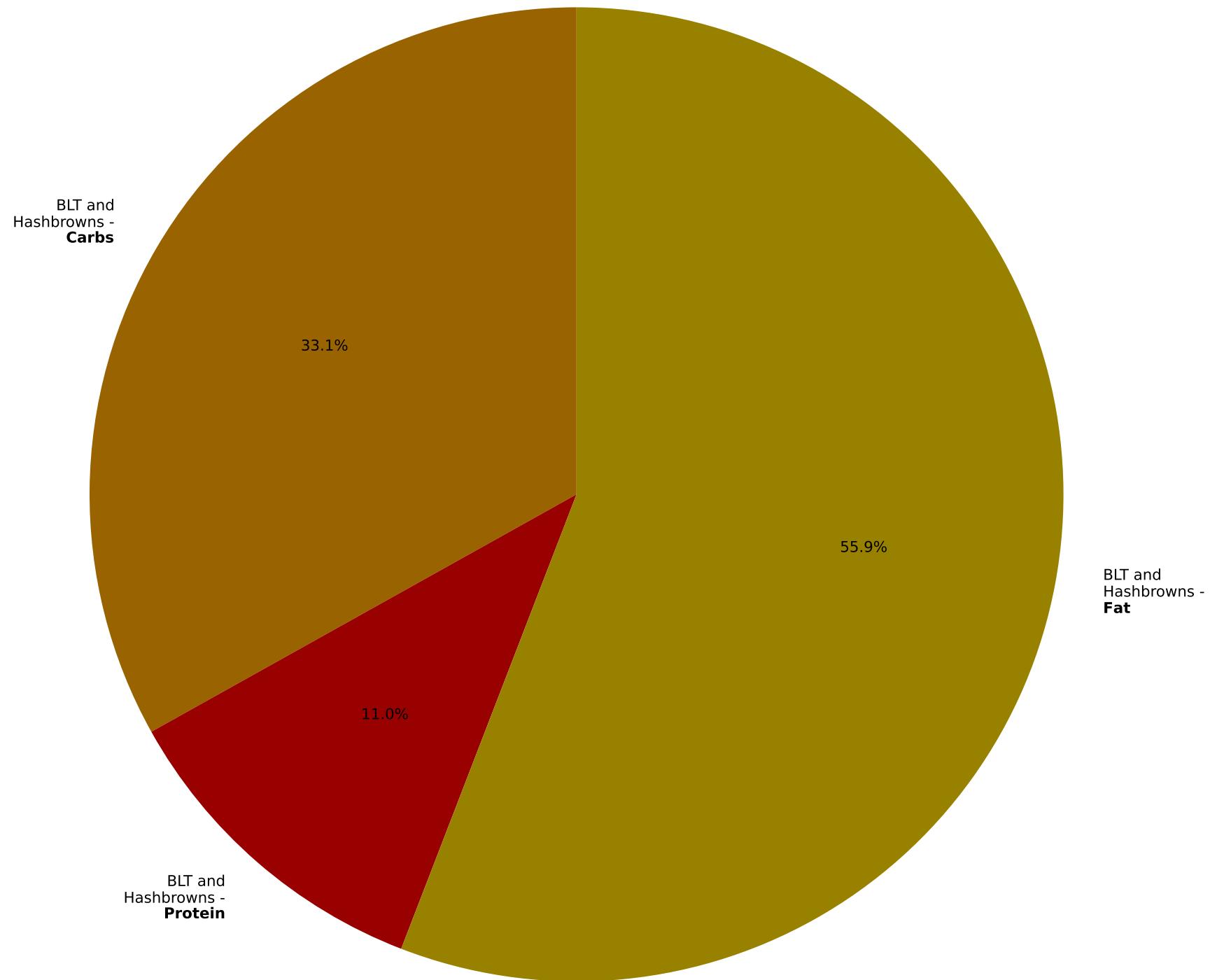


Daily Activity Breakdown (2026-01-12)



Meal Breakdown (2026-01-12)



Meal & Snack Macro Table (2026-01-12)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
BLT and Hashbrowns	240	80	405	725
TOTAL	240	80	405	725