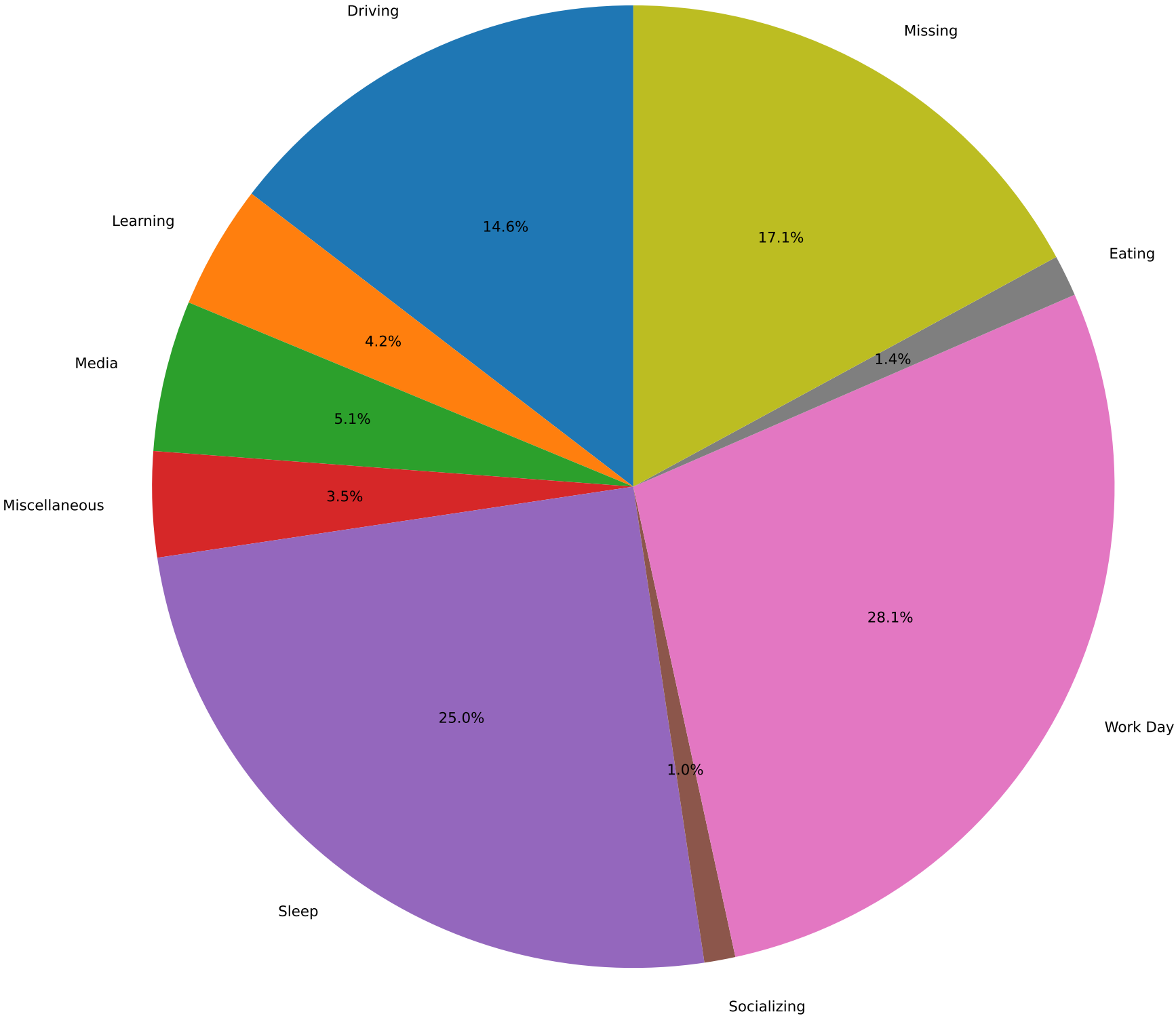
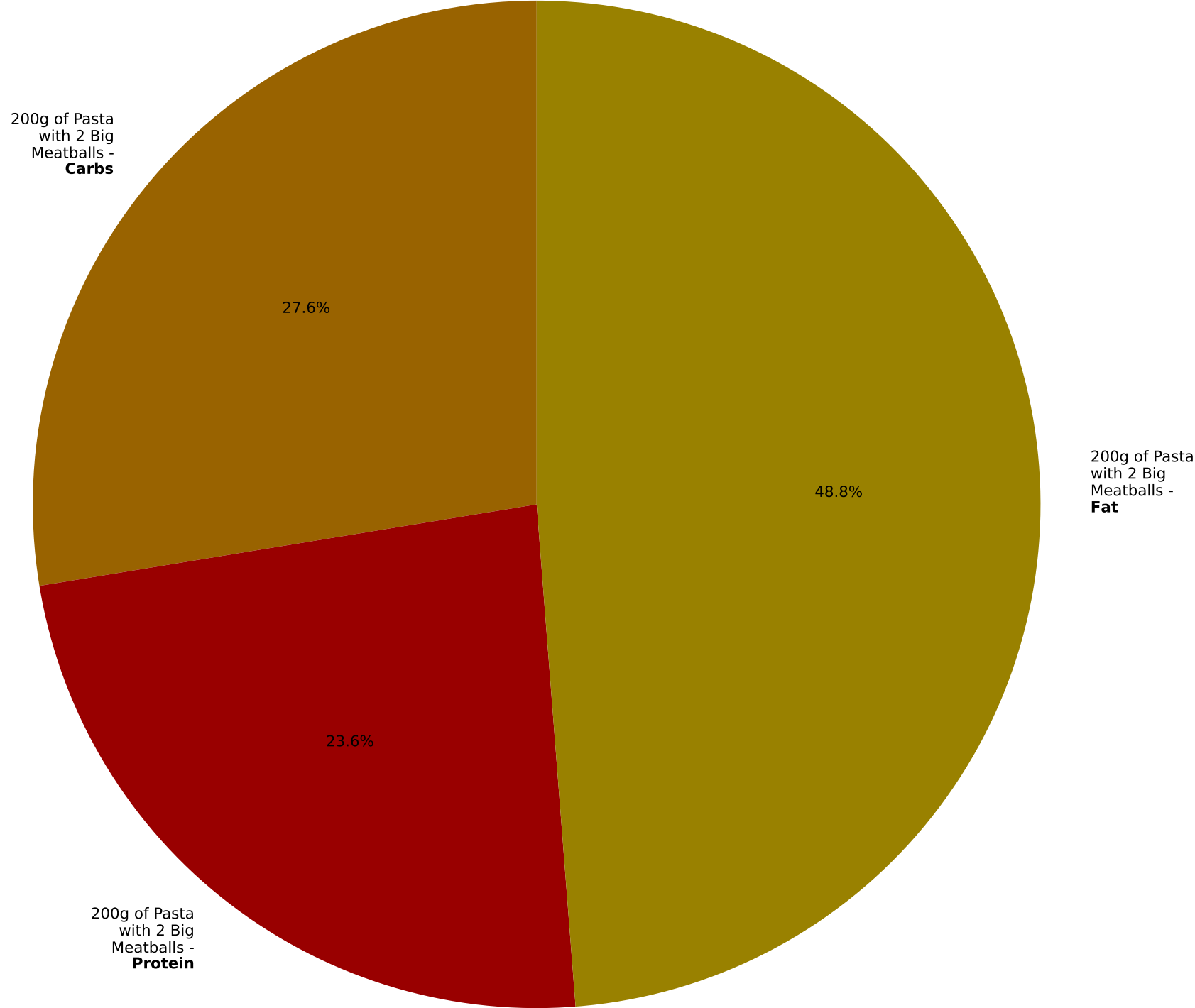


Daily Activity Breakdown (2026-01-13)



Meal Breakdown (2026-01-13)



Meal & Snack Macro Table (2026-01-13)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
200g of Pasta with 2 Big Meatballs	112	96	198	406
TOTAL	112	96	198	406