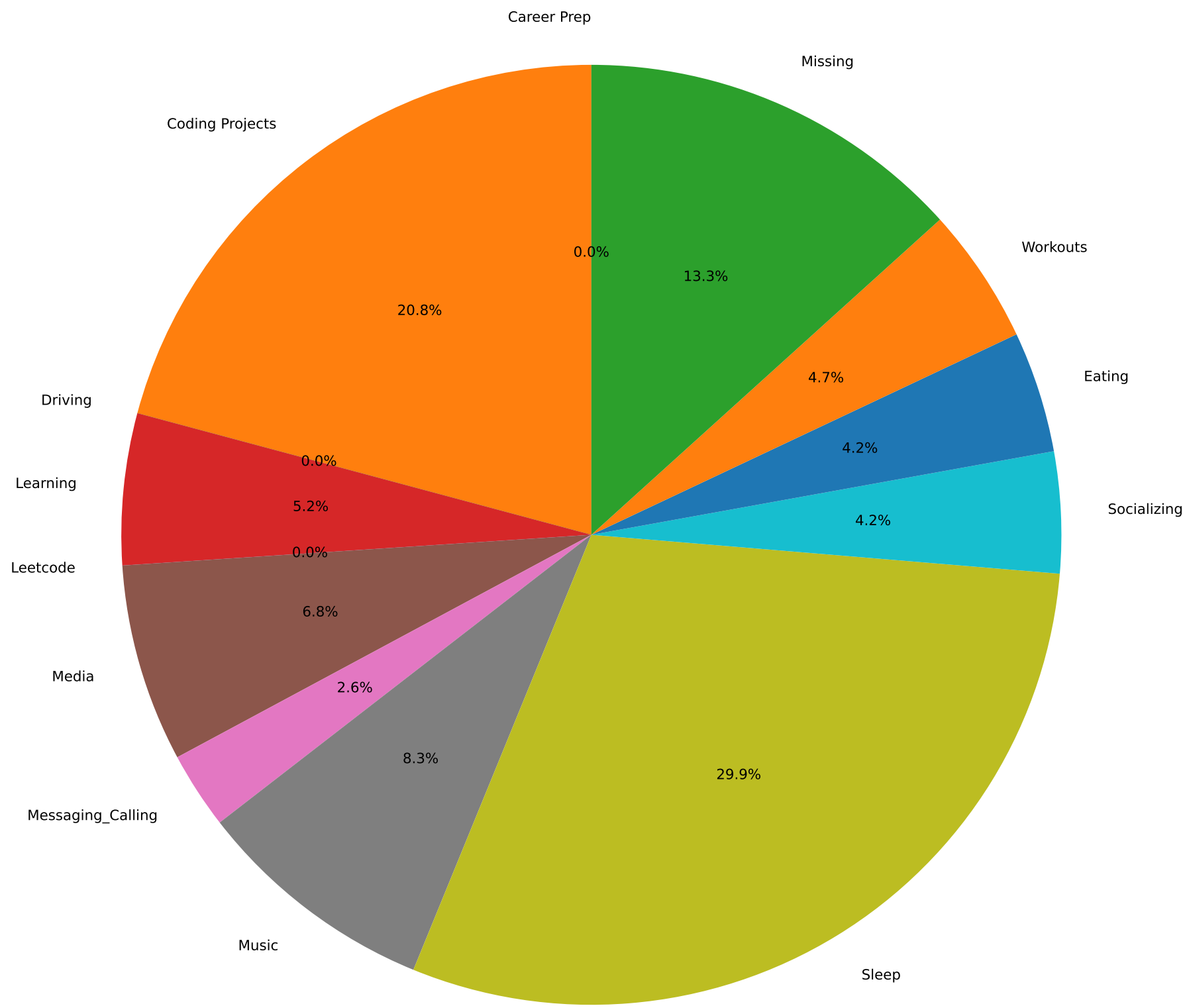
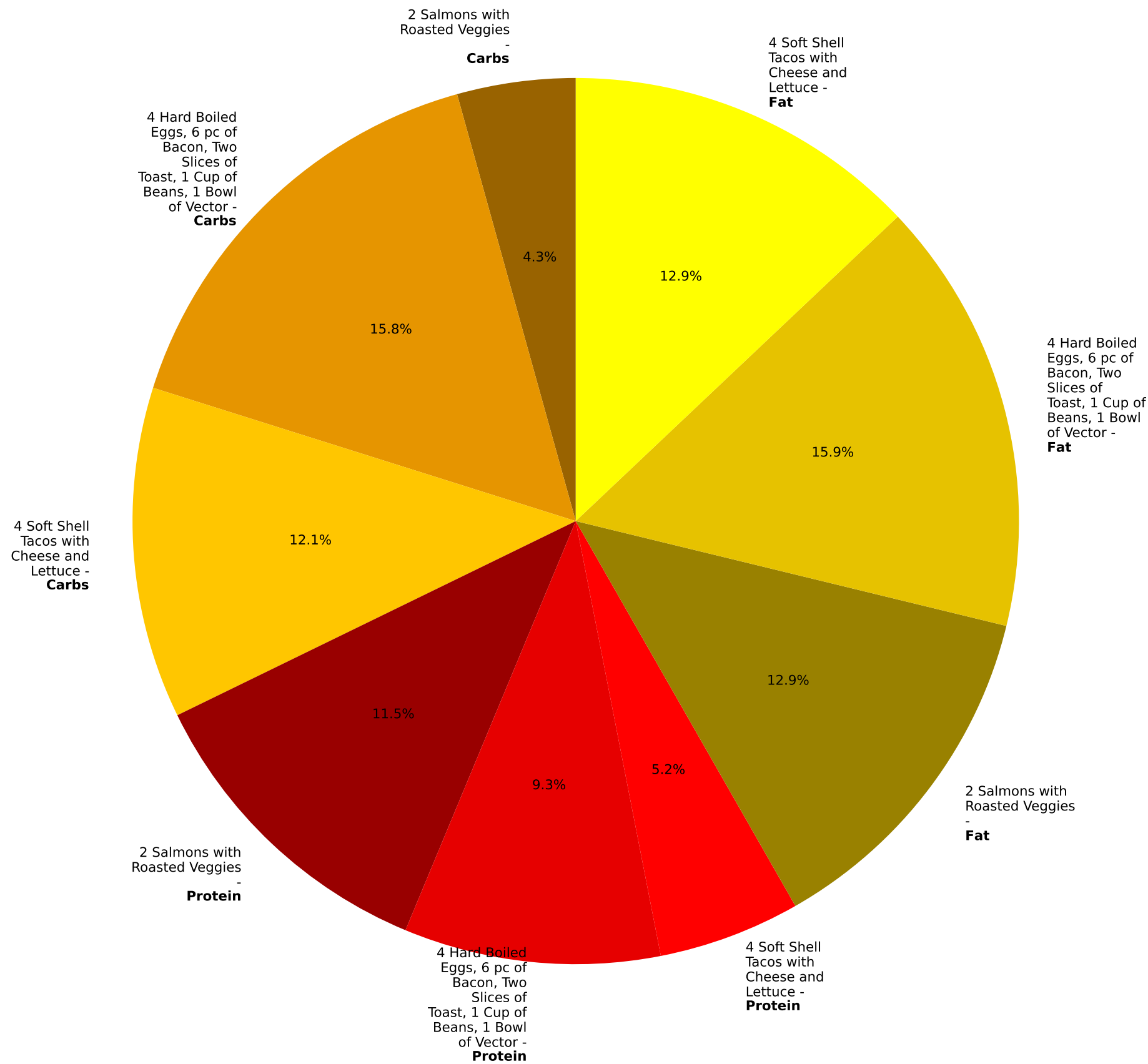


Daily Activity Breakdown (2025-11-11)



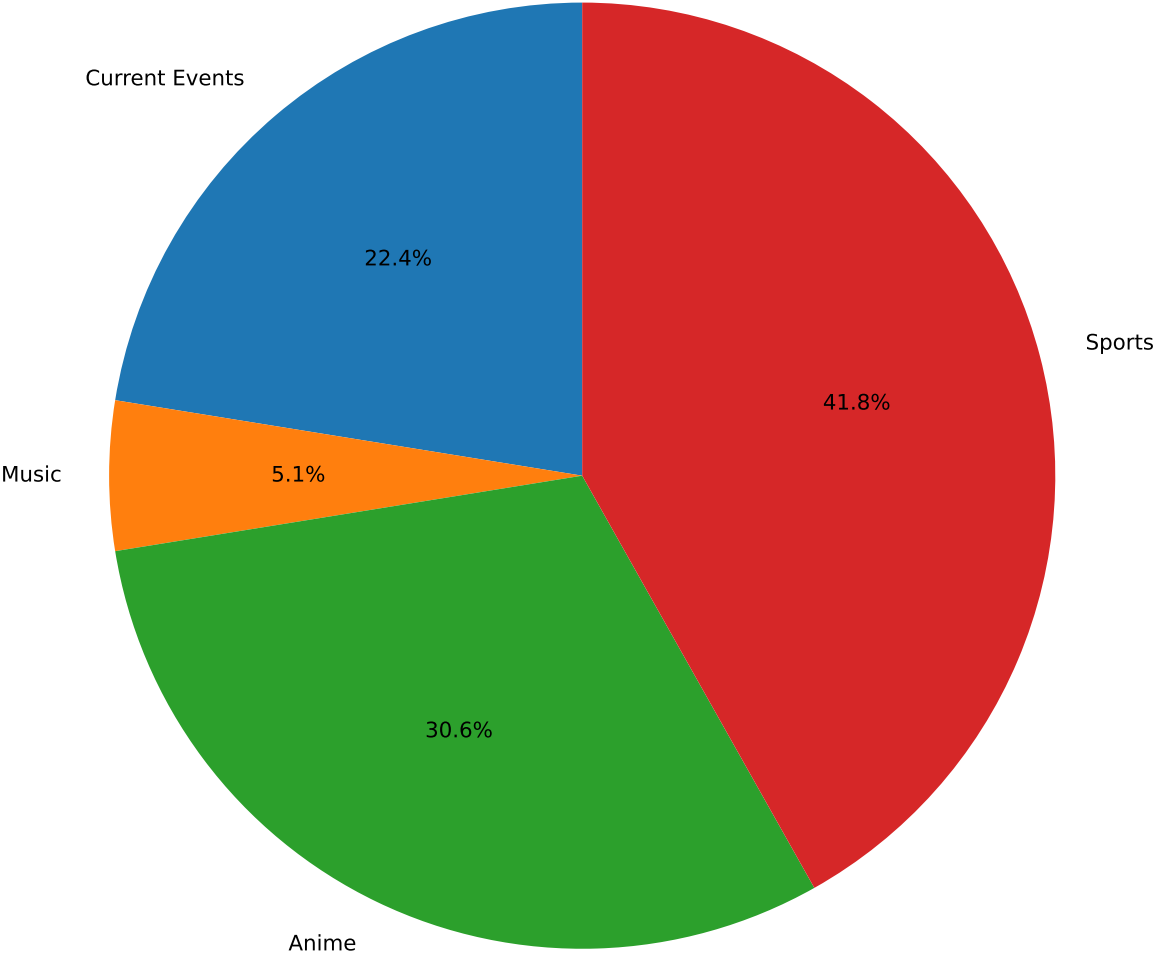
Meal Breakdown (2025-11-11)



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

| Meal/Snack   | Carbs (cal) | Protein (cal) | Fat (cal) | Total (cal) |
|--|-------------|---------------|-----------|-------------|
| 2 Salmons with Roasted Veggies   | 120         | 320           | 360       | 800         |
| 4 Hard Boiled Eggs, 6 pc of Bacon, Two Slices of Toast, 1 Cup of Beans, 1 Bowl of Vector | 440         | 260           | 441       | 1141        |
| 4 Soft Shell Tacos with Cheese and Lettuce   | 336         | 144           | 360       | 840         |
| TOTAL  | 896         | 724           | 1161      | 2781        |

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



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

