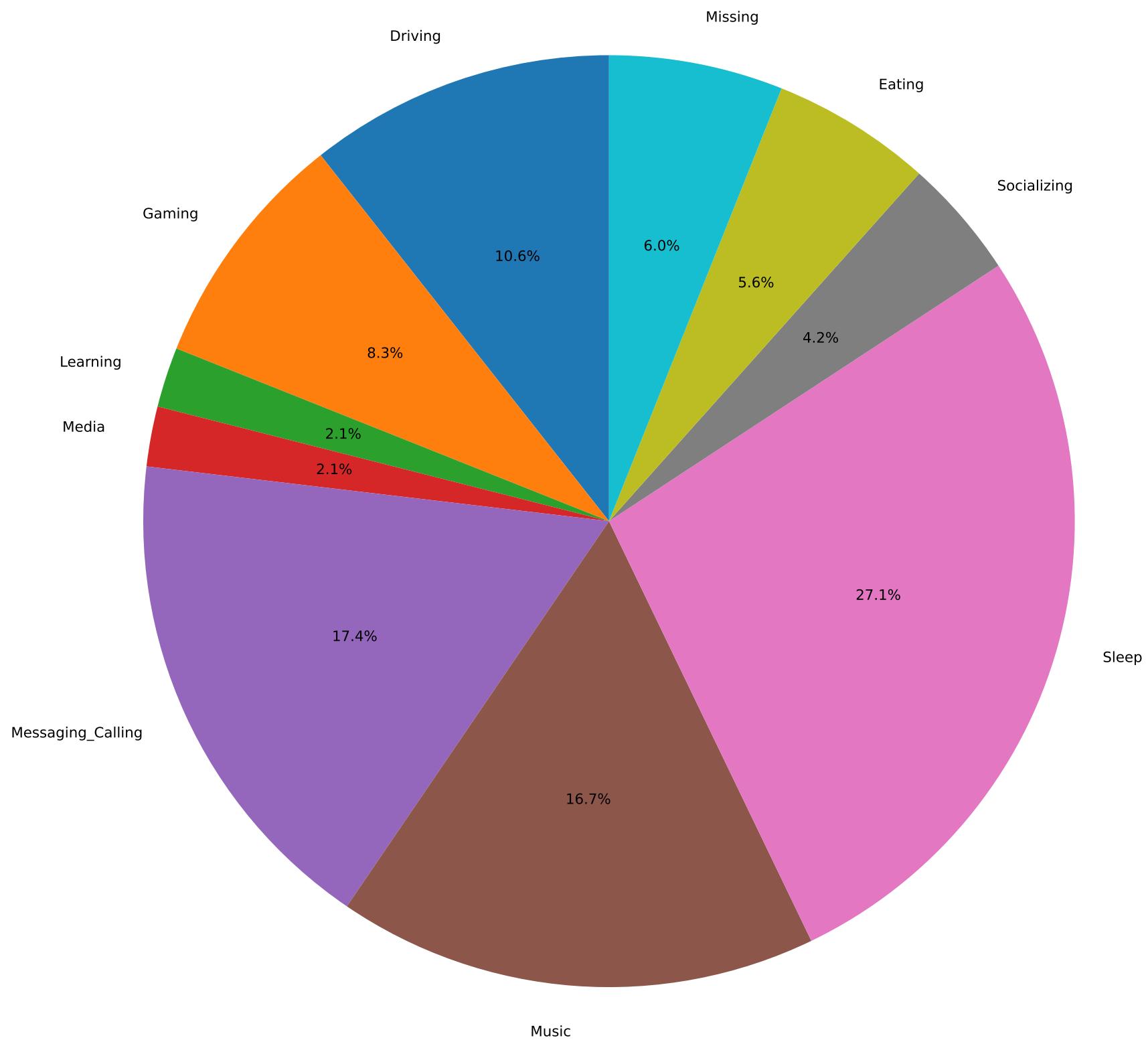
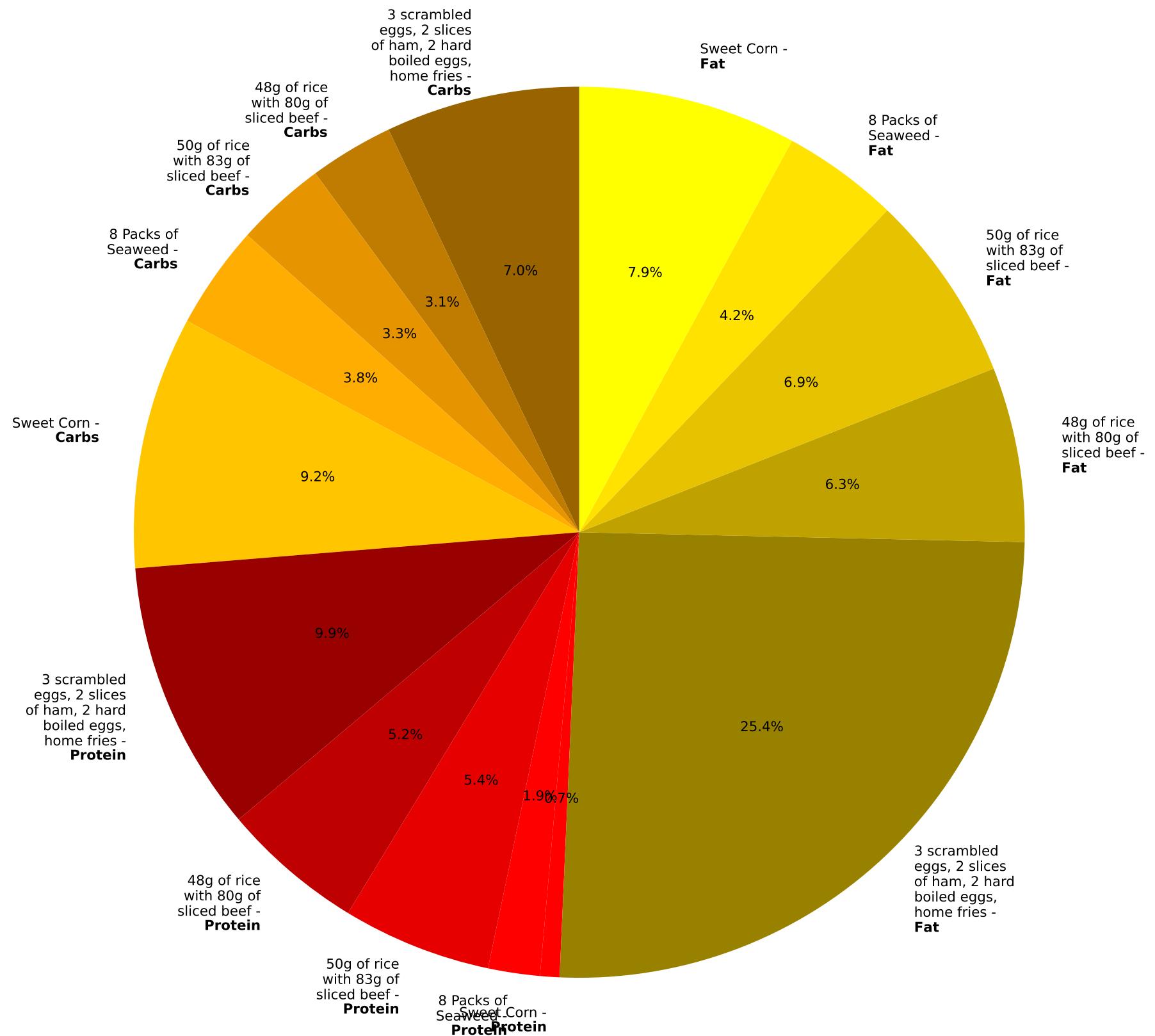


Daily Activity Breakdown (2025-11-19)



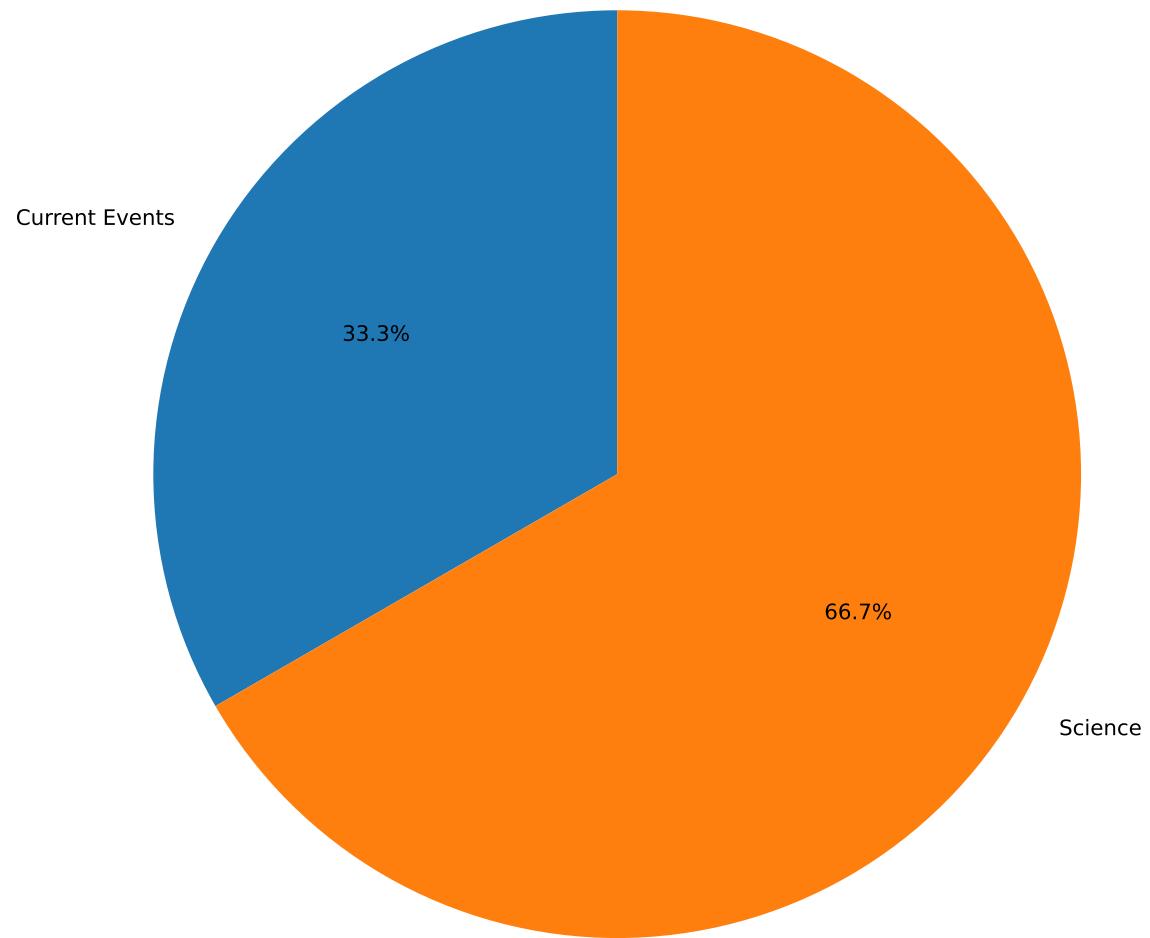
### Meal Breakdown (2025-11-19)



# Meal & Snack Macro Table (2025-11-19)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
3 scrambled eggs, 2 slices of ham, 2 hard boiled eggs, home fries	120	168	432	720
48g of rice with 80g of sliced beef	52	88	108	248
50g of rice with 83g of sliced beef	56	92	117	265
8 Packs of Seaweed	64	32	72	168
Sweet Corn	156	12	135	303
TOTAL	448	392	864	1704

Daily Media Breakdown by Category (2025-11-19)



Daily Media Breakdown by Name (2025-11-19)

