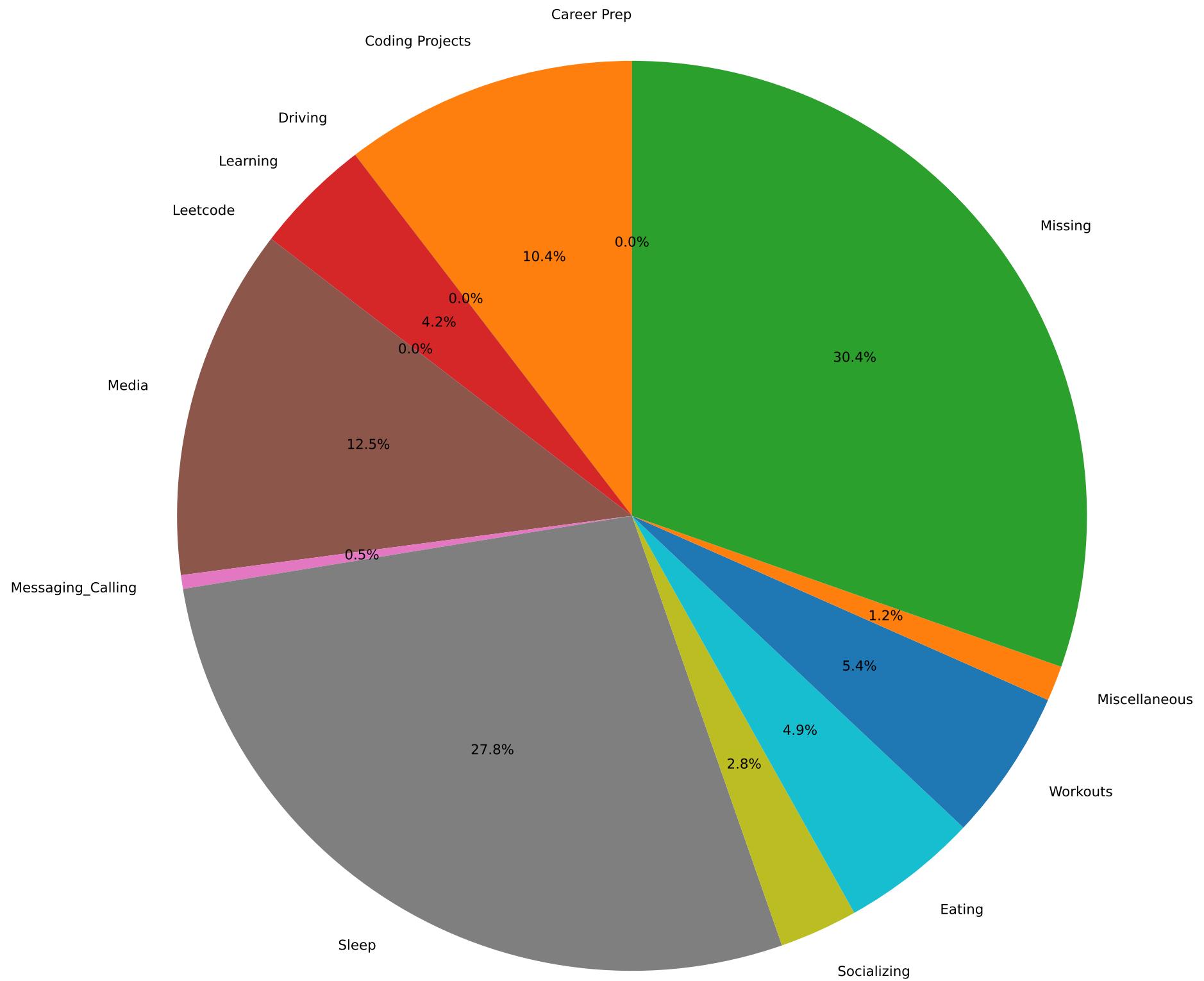
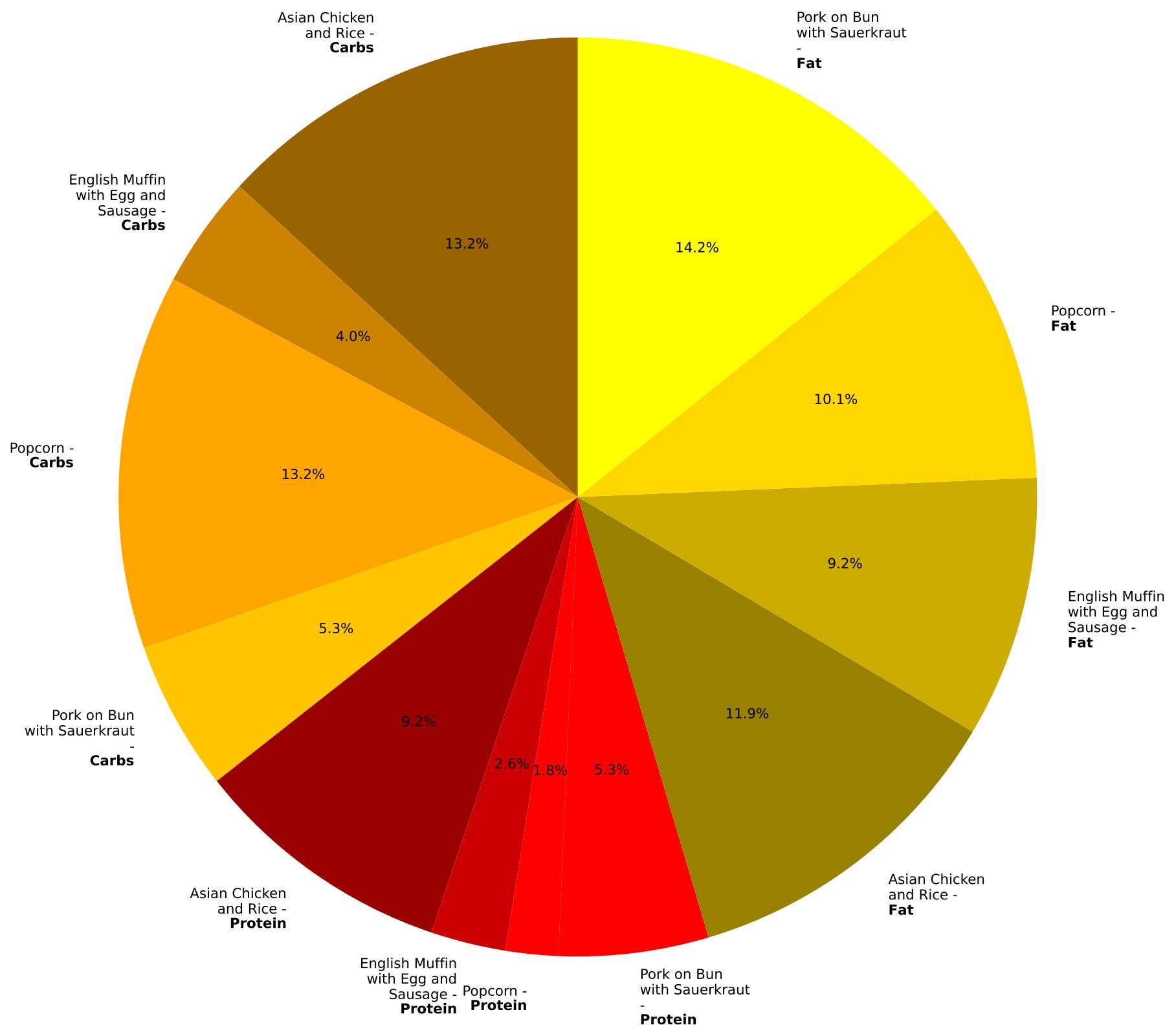


Daily Activity Breakdown (2025-11-10)



## Meal Breakdown (2025-11-10)



# Meal & Snack Macro Table (2025-11-10)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
Asian Chicken and Rice	400	280	360	1040
English Muffin with Egg and Sausage	120	80	279	479
Popcorn	400	56	306	762
Pork on Bun with Sauerkraut	160	160	432	752
TOTAL	1080	576	1377	3033