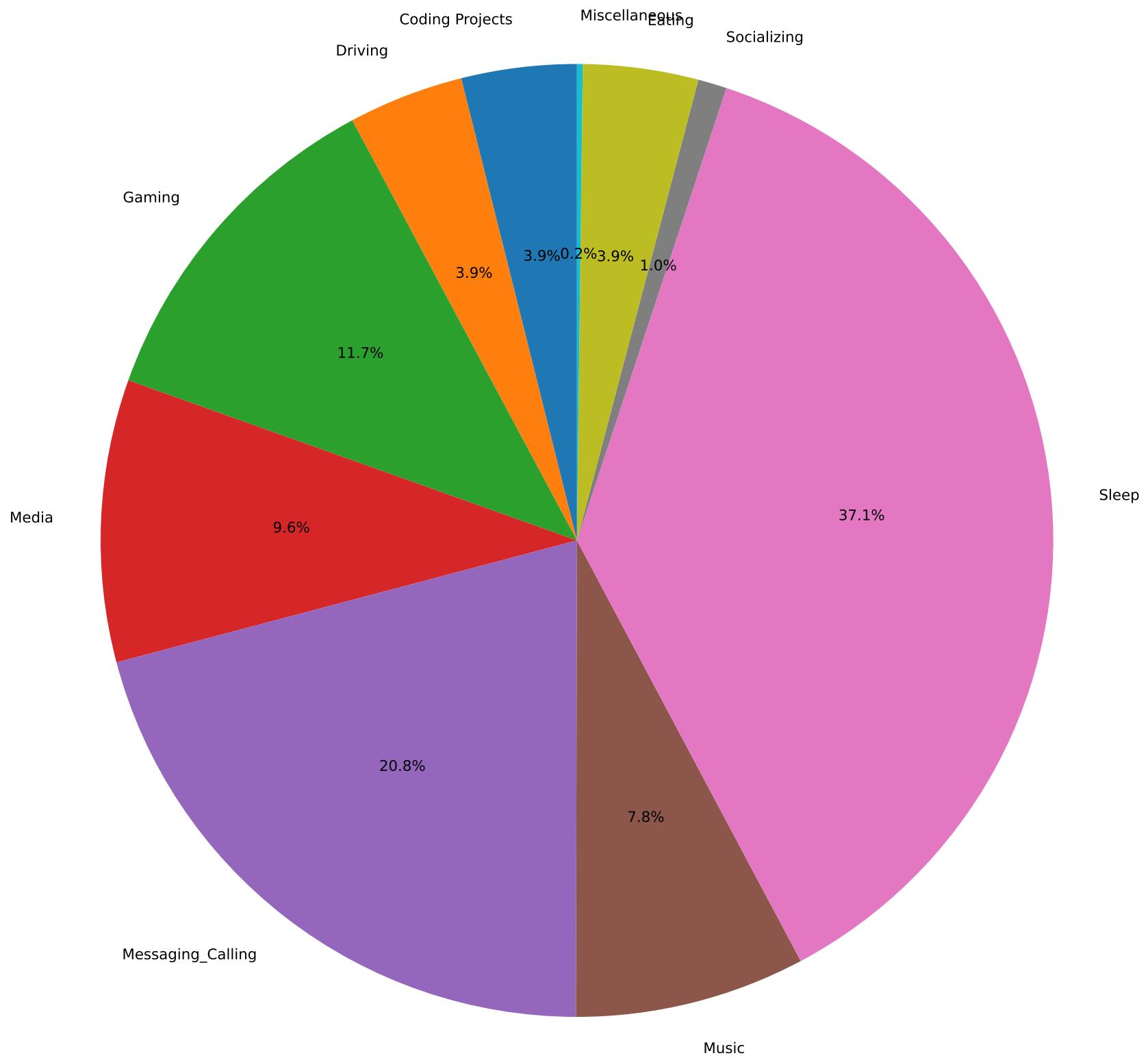
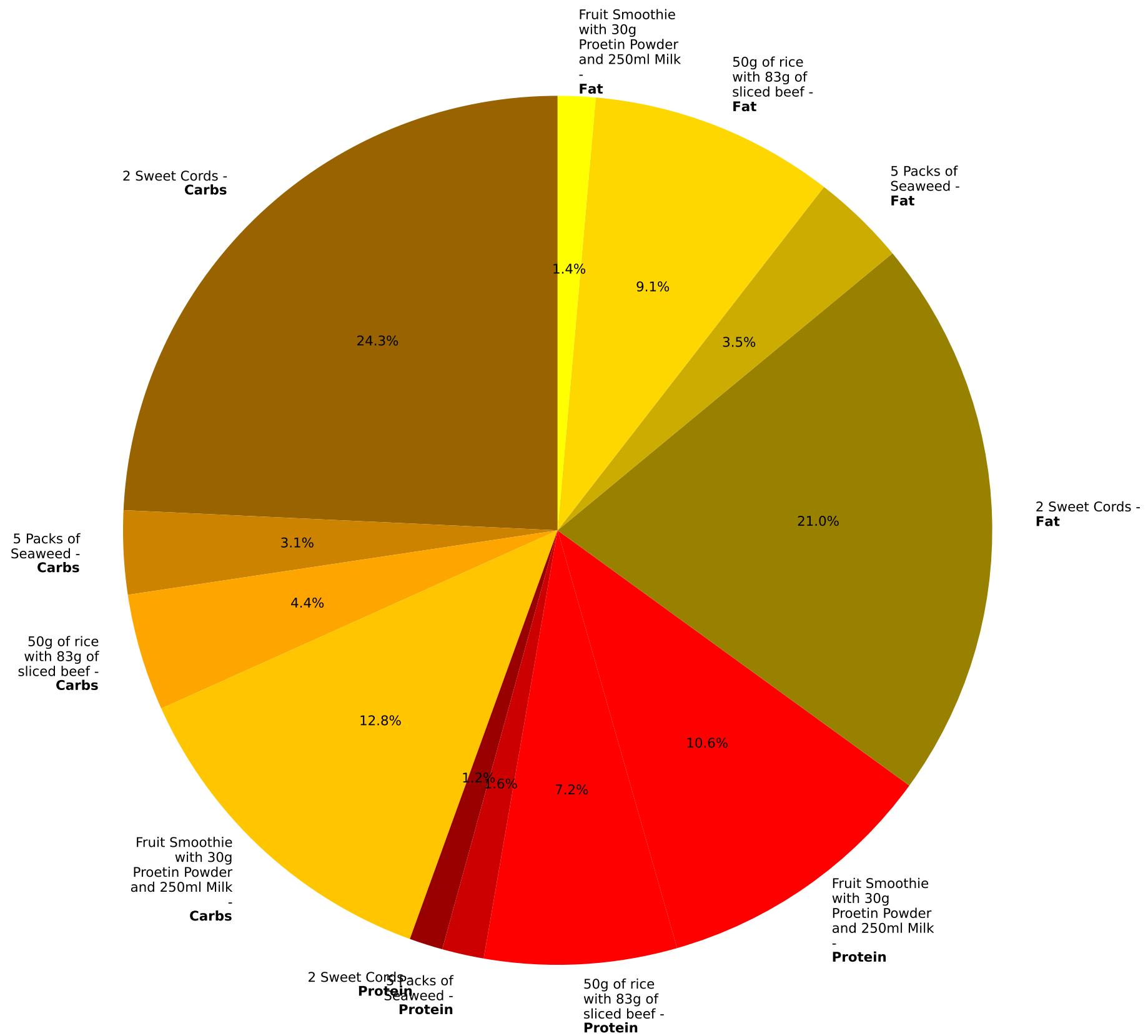


Daily Activity Breakdown (2025-11-20)



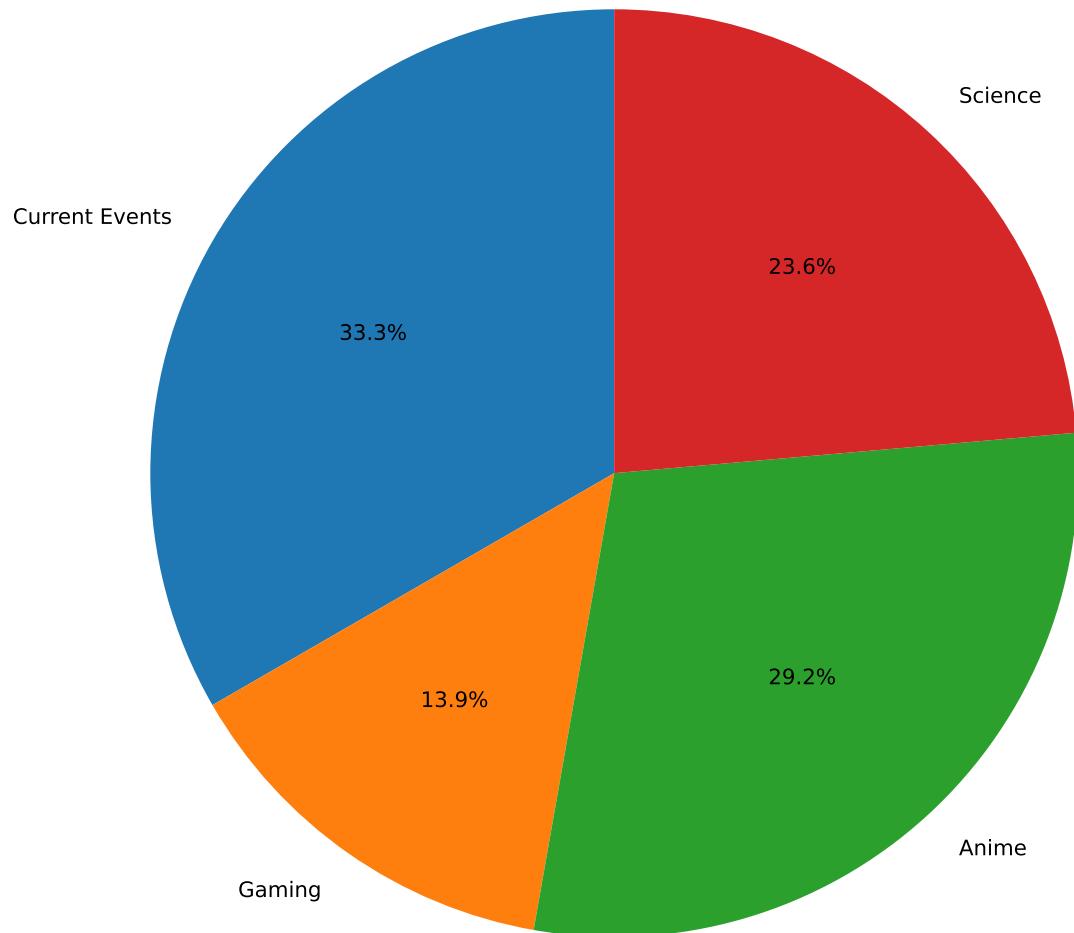
## Meal Breakdown (2025-11-20)



# Meal & Snack Macro Table (2025-11-20)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 Sweet Cords	312	16	270	598
5 Packs of Seaweed	40	20	45	105
50g of rice with 83g of sliced beef	56	92	117	265
Fruit Smoothie with 30g Protein Powder and 250ml Milk	164	136	18	318
<b>TOTAL</b>	<b>572</b>	<b>264</b>	<b>450</b>	<b>1286</b>

Daily Media Breakdown by Category (2025-11-20)



Daily Media Breakdown by Name (2025-11-20)

