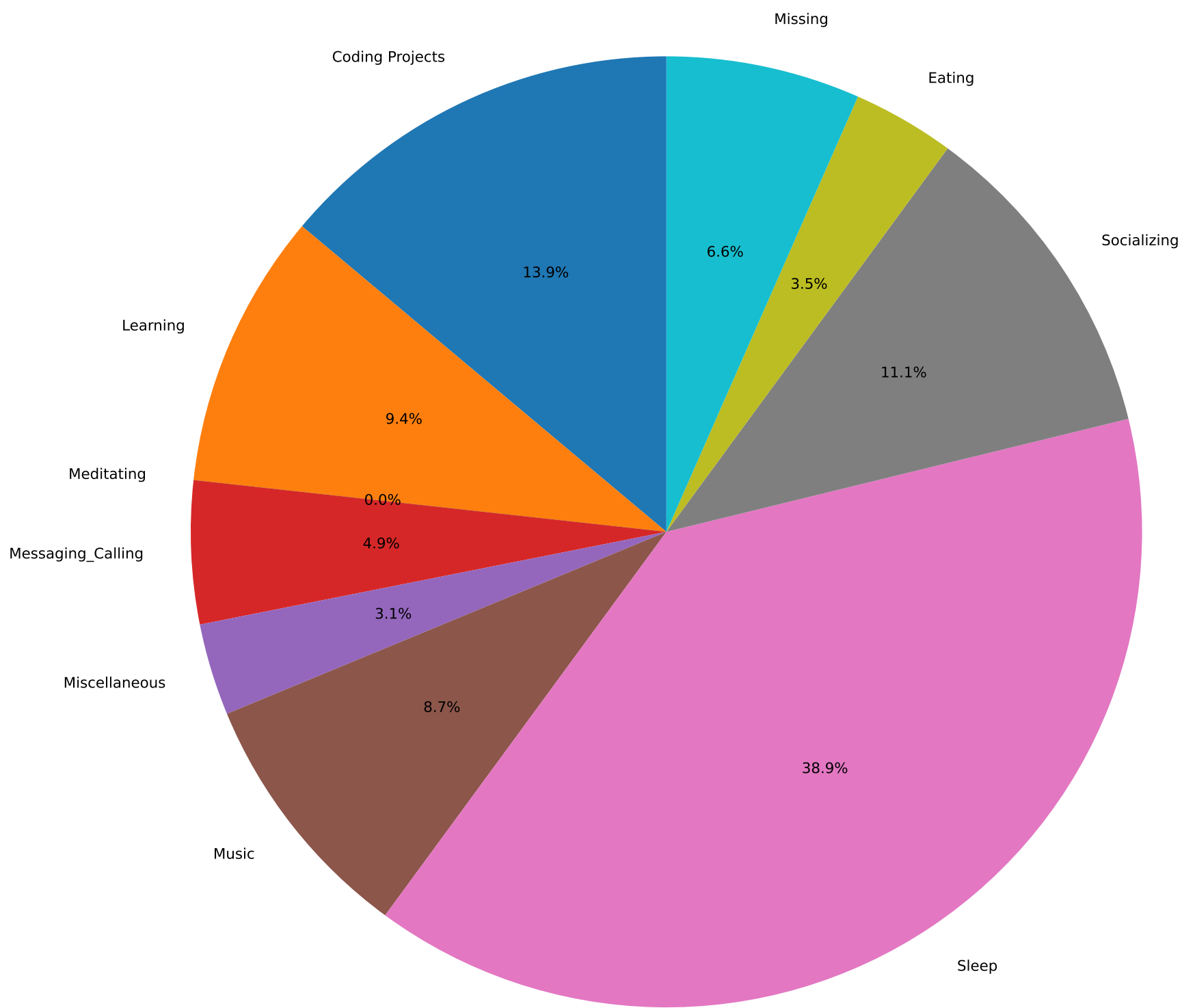
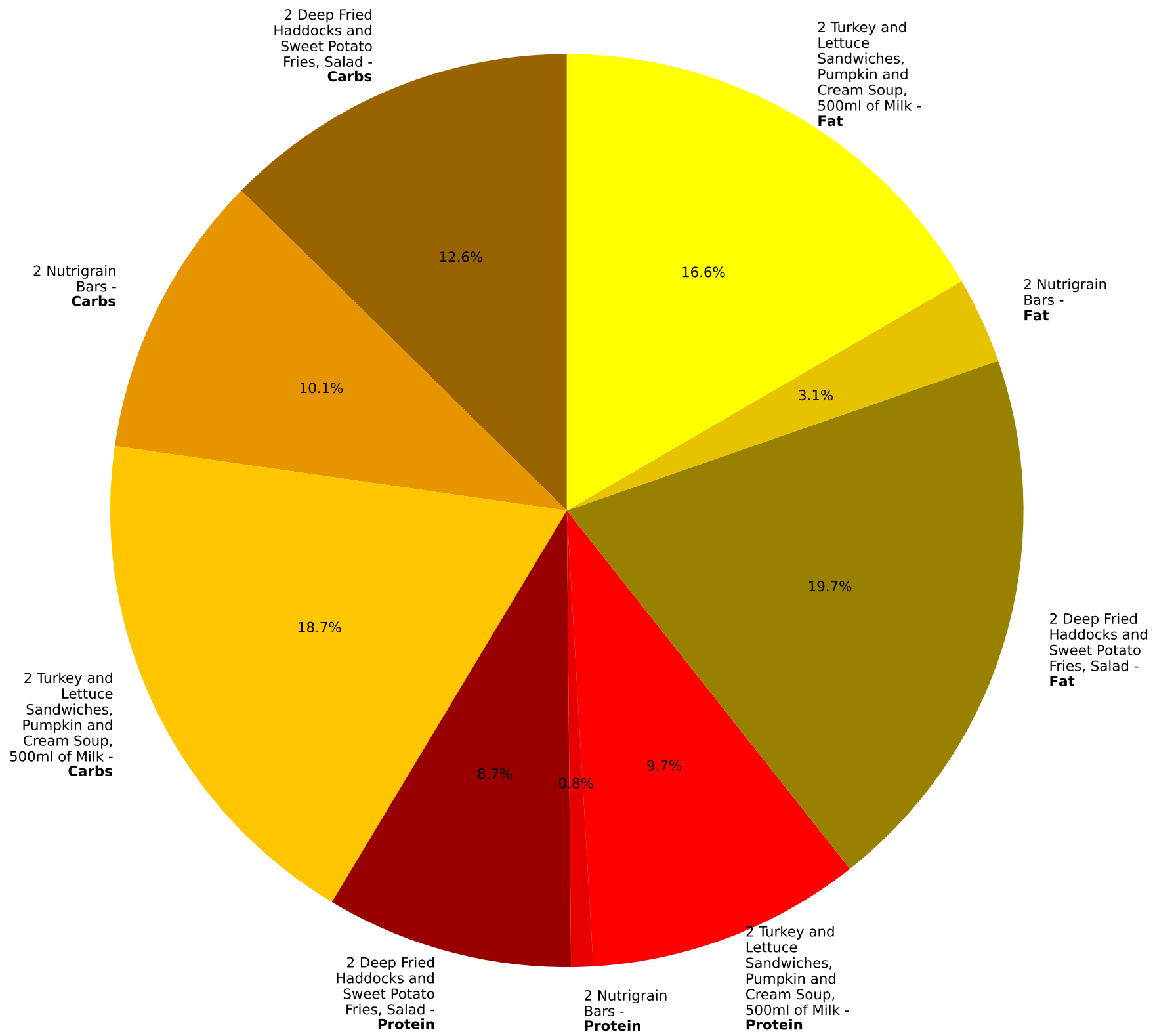


Daily Activity Breakdown (2025-11-18)



Meal Breakdown (2025-11-18)



Meal & Snack Macro Table (2025-11-18)

| Meal/Snack | Carbs (cal) | Protein (cal) | Fat (cal) | Total (cal) |
|--|-------------|---------------|-----------|-------------|
| 2 Deep Fried Haddocks and Sweet Potato Fries, Salad | 260 | 180 | 405 | 845 |
| 2 Nutrigrain Bars | 208 | 16 | 63 | 287 |
| 2 Turkey and Lettuce Sandwiches, Pumpkin and Cream Soup, 500ml of Milk | 384 | 200 | 342 | 926 |
| TOTAL | 852 | 396 | 810 | 2058 |