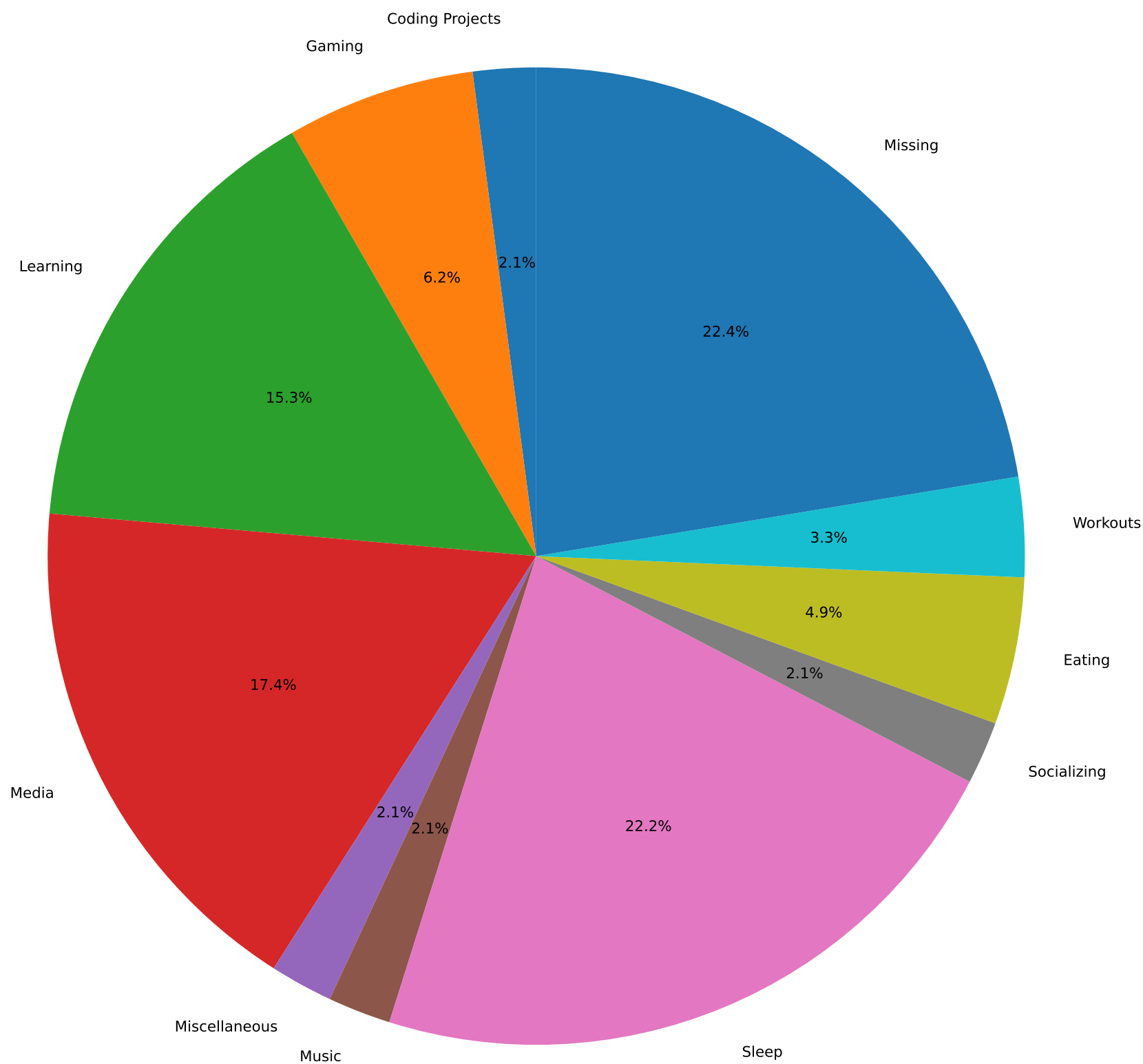
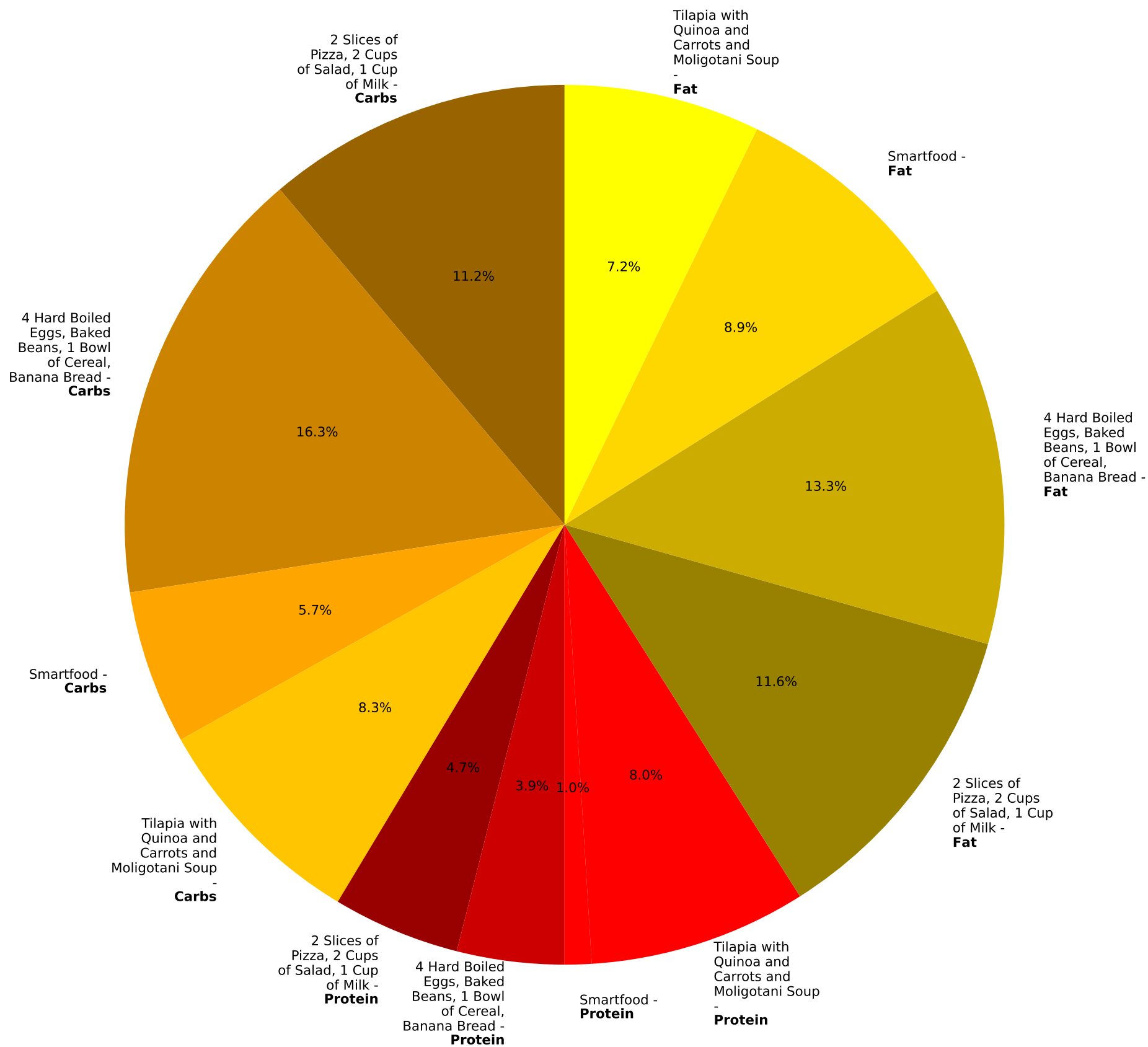


Daily Activity Breakdown (2025-11-14)



Meal Breakdown (2025-11-14)



Meal & Snack Macro Table (2025-11-14)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 Slices of Pizza, 2 Cups of Salad, 1 Cup of Milk	364	152	378	894
4 Hard Boiled Eggs, Baked Beans, 1 Bowl of Cereal, Banana Bread	528	128	432	1088
Smartfood	184	32	288	504
Tilapia with Quinoa and Carrots and Moligotani Soup	268	260	234	762
TOTAL	1344	572	1332	3248