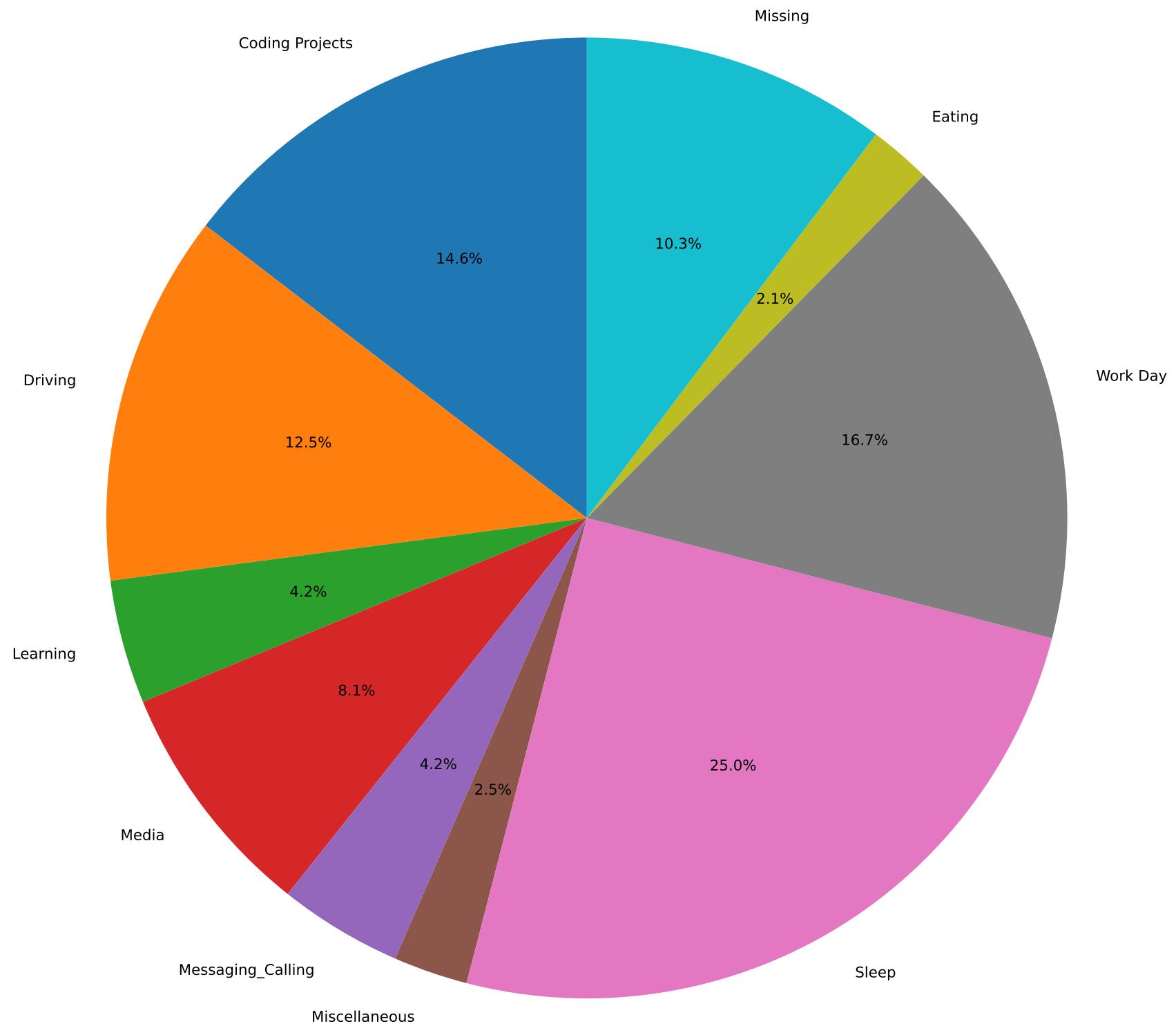
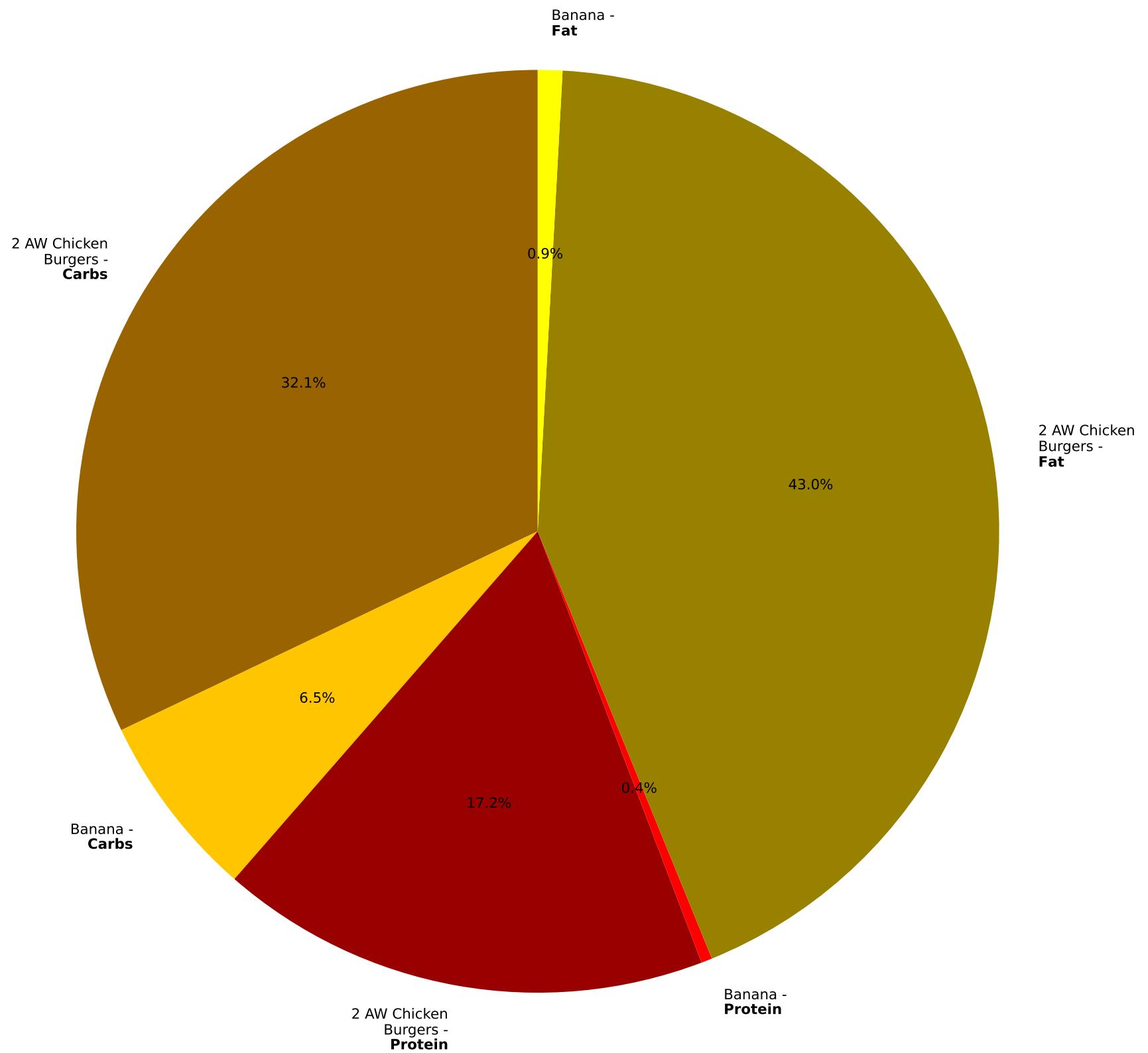


Daily Activity Breakdown (2026-01-08)



### Meal Breakdown (2026-01-08)



# Meal & Snack Macro Table (2026-01-08)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
2 AW Chicken Burgers	336	180	450	966
Banana	68	4	9	81
TOTAL	404	184	459	1047