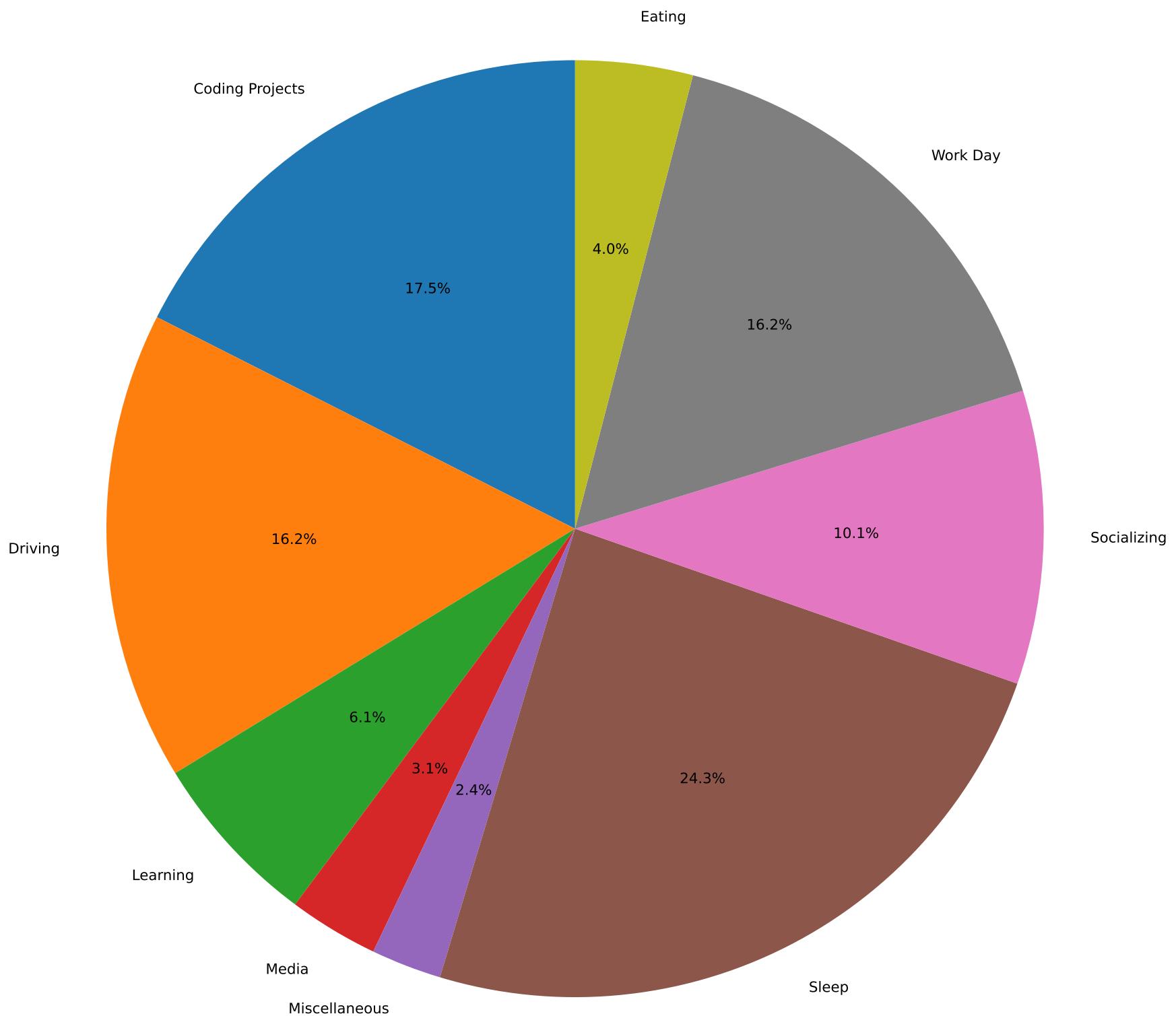
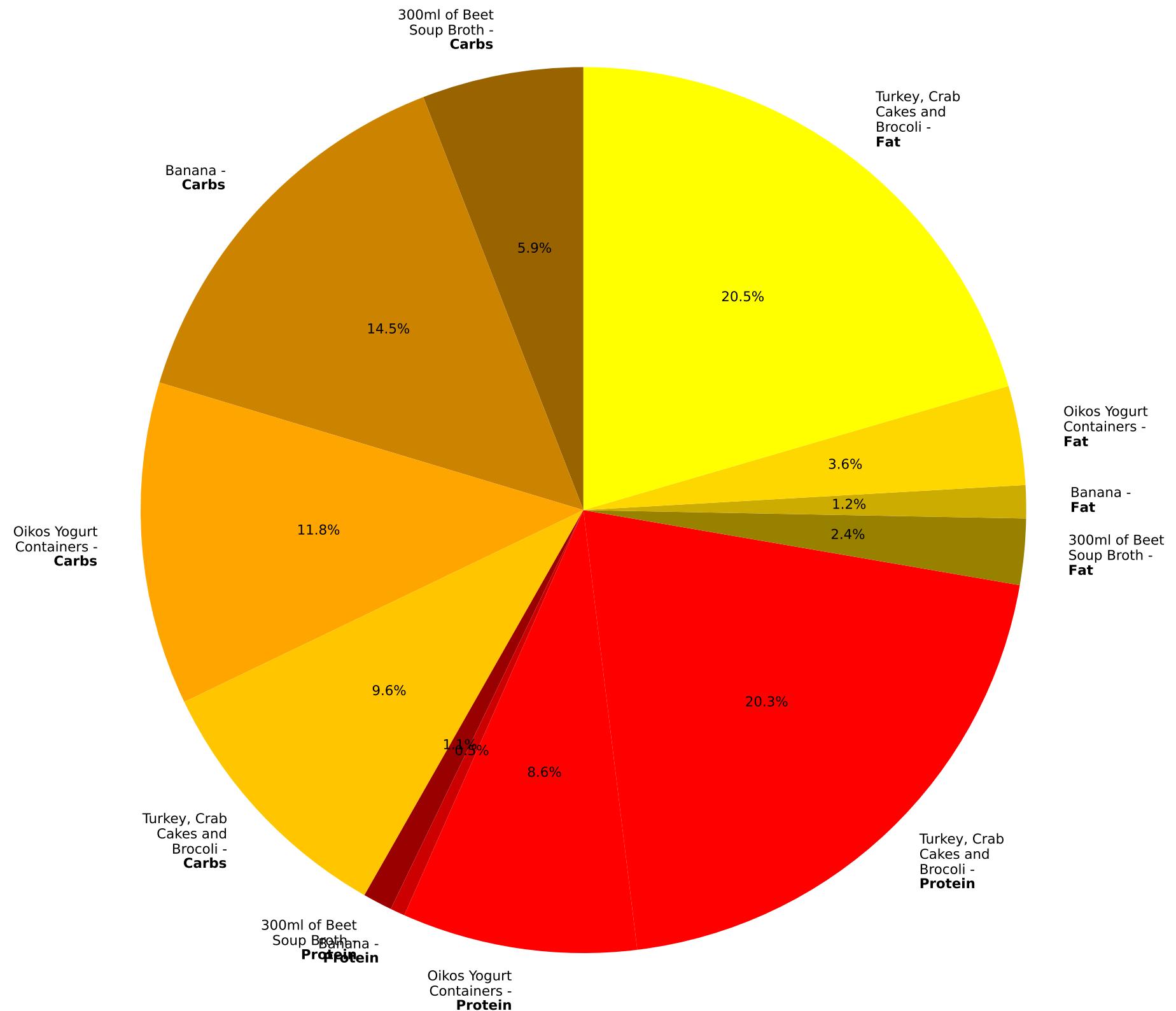


Daily Activity Breakdown (2026-01-07)



Meal Breakdown (2026-01-07)



Meal & Snack Macro Table (2026-01-07)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
300ml of Beet Soup Broth	44	8	18	70
Banana	108	4	9	121
Oikos Yogurt Containers	88	64	27	179
Turkey, Crab Cakes and Brocoli	72	152	153	377
TOTAL	312	228	207	747