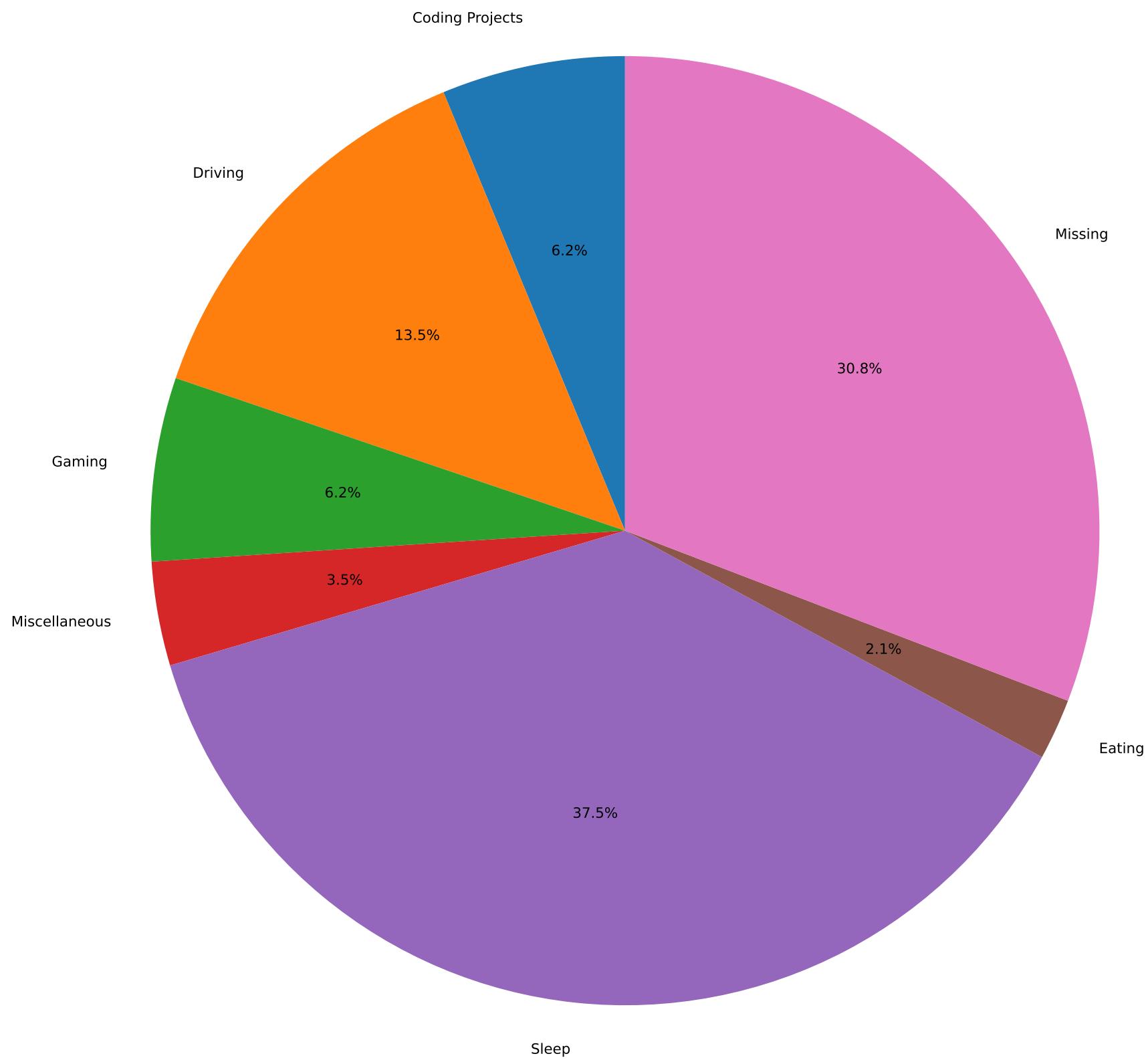
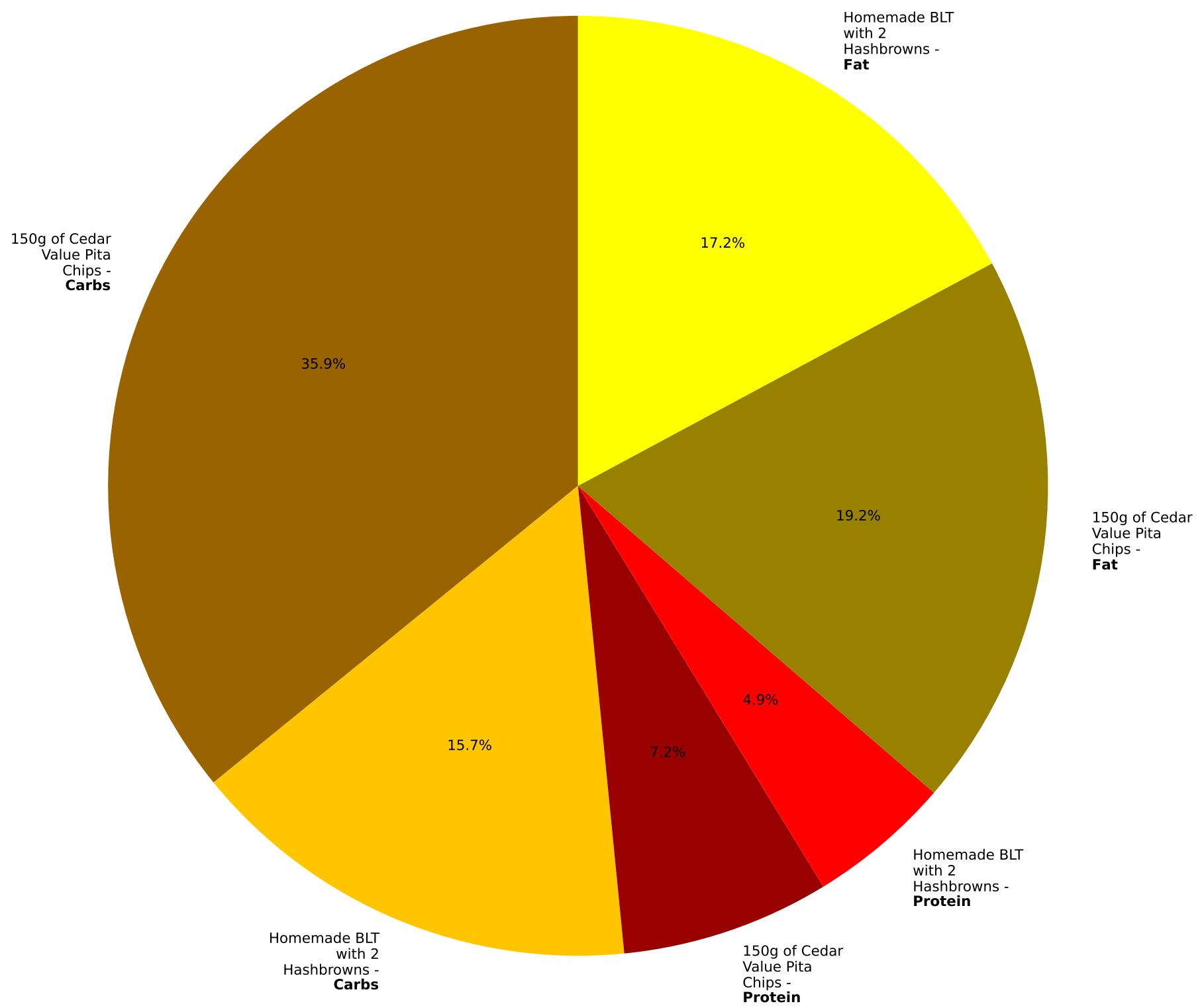


Daily Activity Breakdown (2026-01-12)



### Meal Breakdown (2026-01-12)



# Meal & Snack Macro Table (2026-01-12)

Meal/Snack	Carbs (cal)	Protein (cal)	Fat (cal)	Total (cal)
150g of Cedar Value Pita Chips	320	64	171	555
Homemade BLT with 2 Hashbrowns	140	44	153	337
TOTAL	460	108	324	892