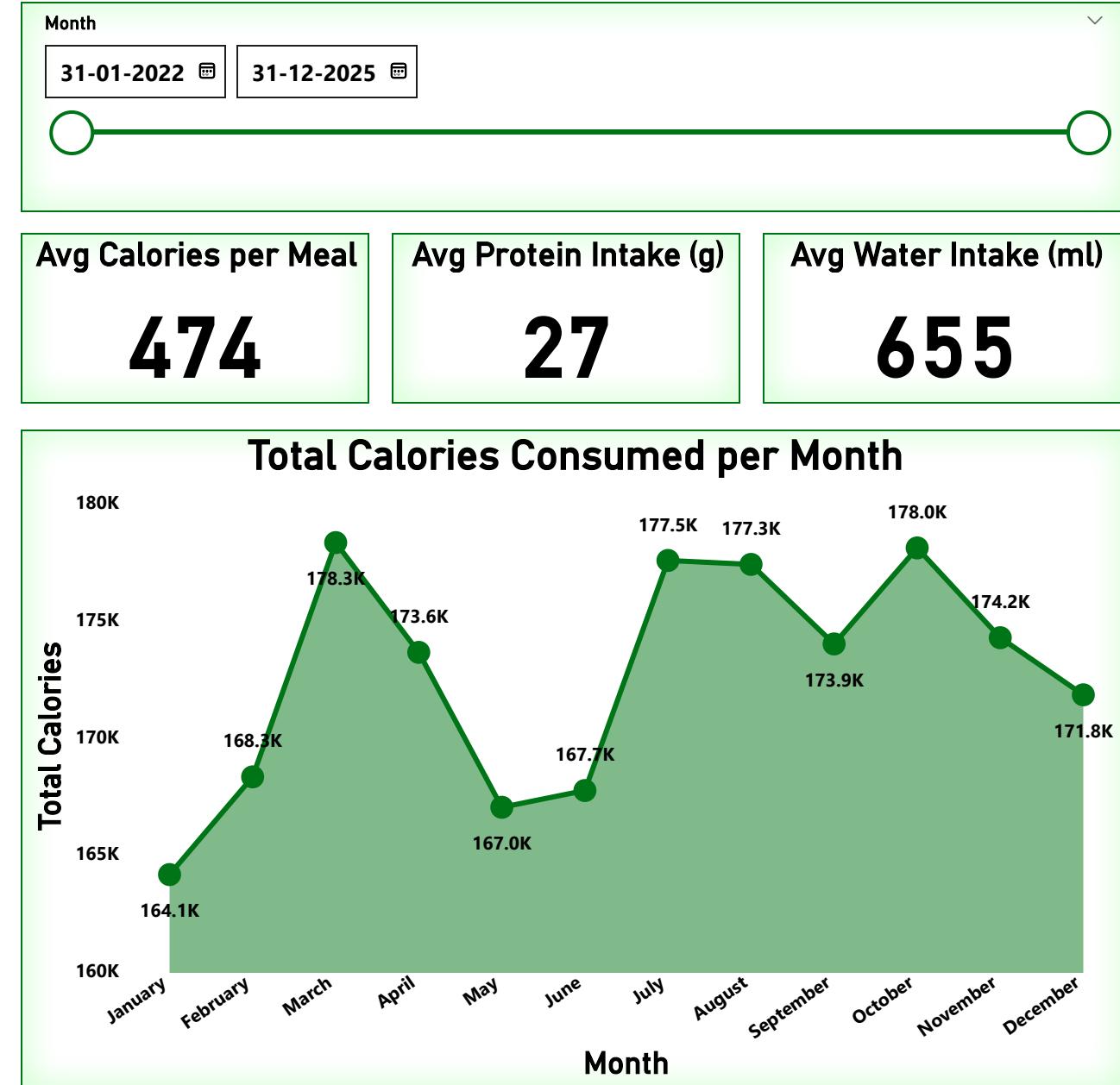
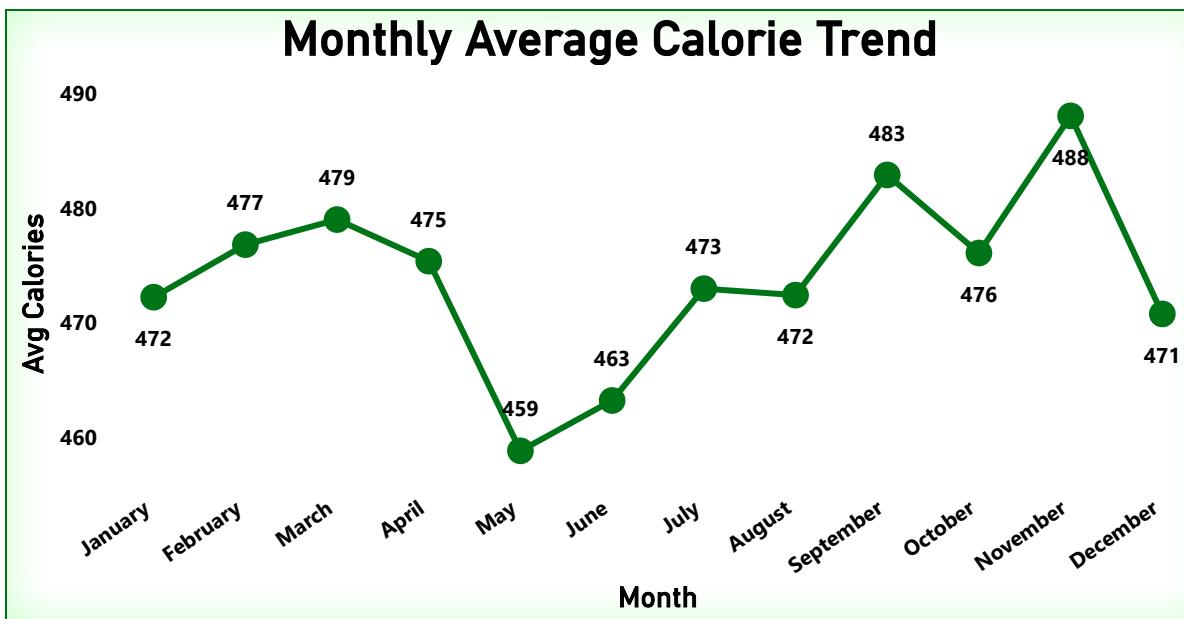
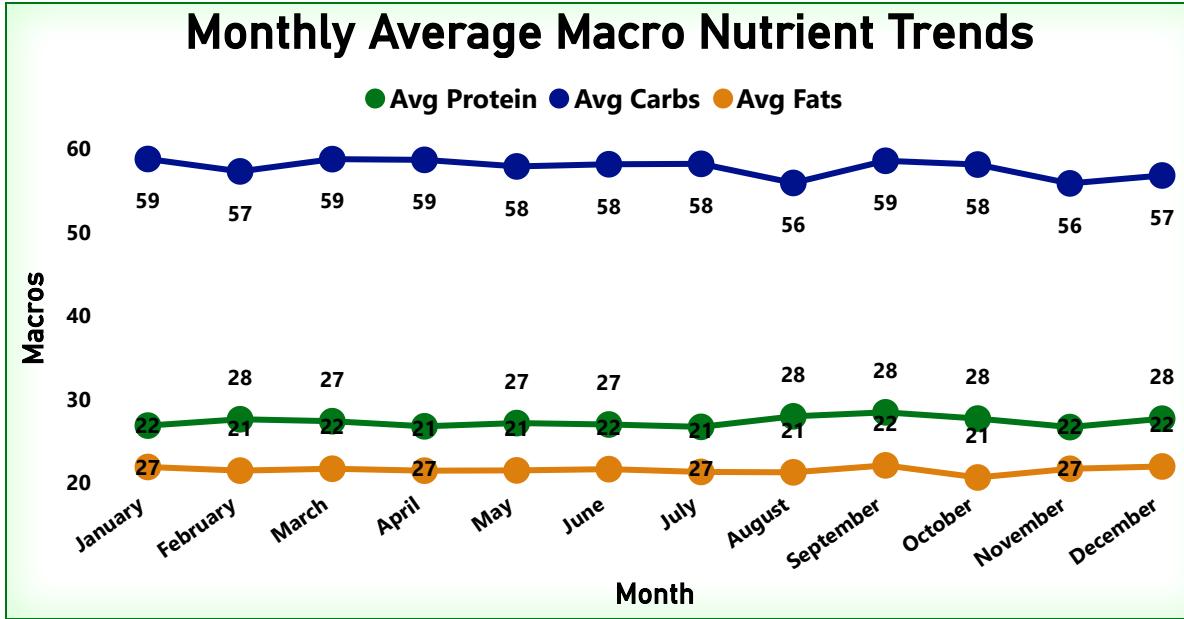


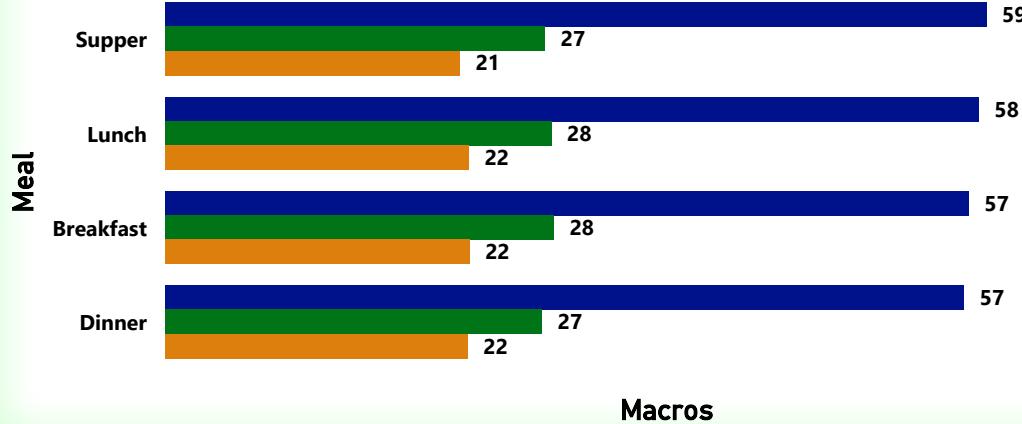
# Nutrition Overview & Trends (Meal-Based)



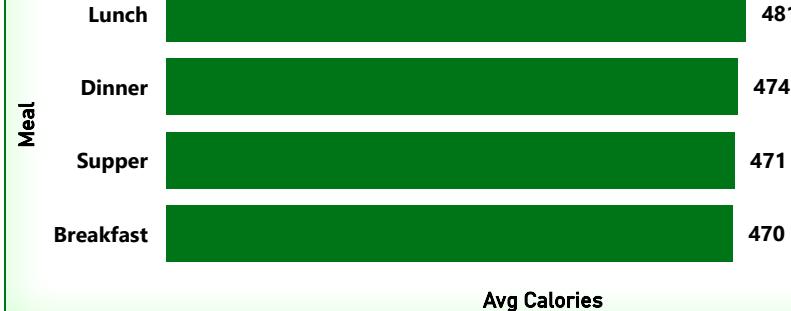
# Meal-wise Nutrition Behavior Analysis

## Macro Nutrient Distribution by Meal

● Avg Carbs ● Avg Protein ● Avg Fats



## Avg Calories by Meal



## Meal, Month

- ▼ Breakfast
- ▼ Dinner
- ▼ Lunch
- ▼ Supper

## Avg Daily Water Intake Over Time



## Meal-wise Contribution to Calorie Intake Over Time

