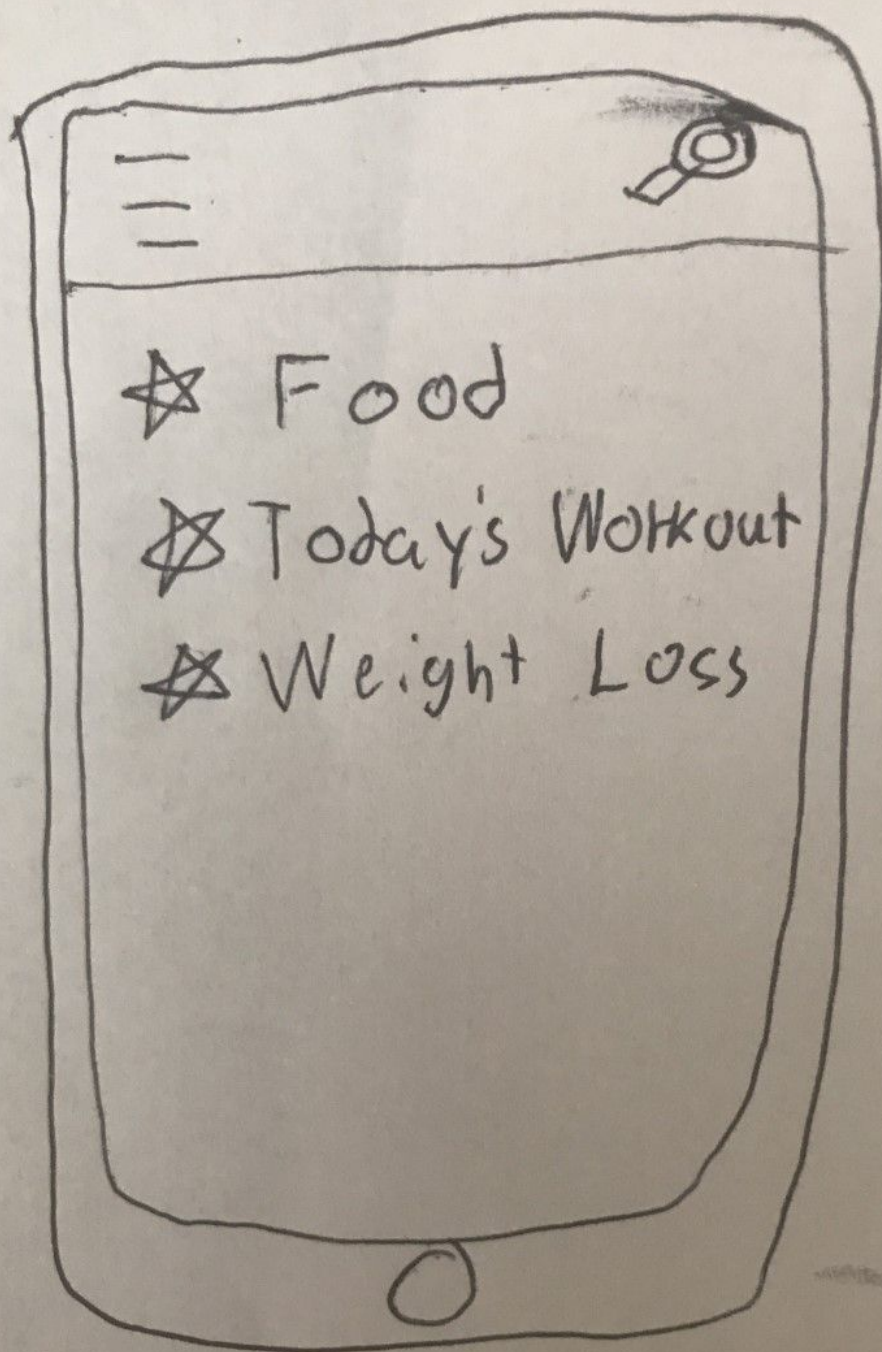


Nutrition/Health
at

U of SC

Click to start!



Near You

Salad

Order

Pasta

Order

Acai bowl

Order

Smoothie

Order

Today's Workout

- Bench. 3x5
- Shoulder press 4x8
- Tricep extensions 3x8
- Cardio 1.5 miles

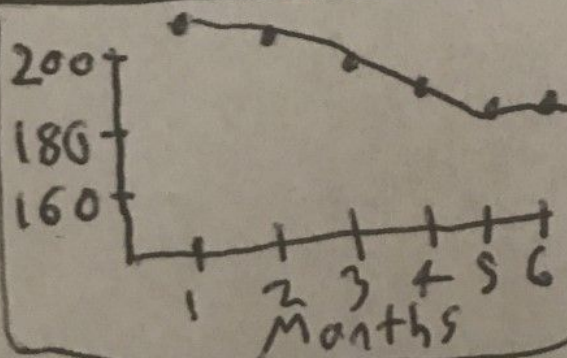
Weight Loss

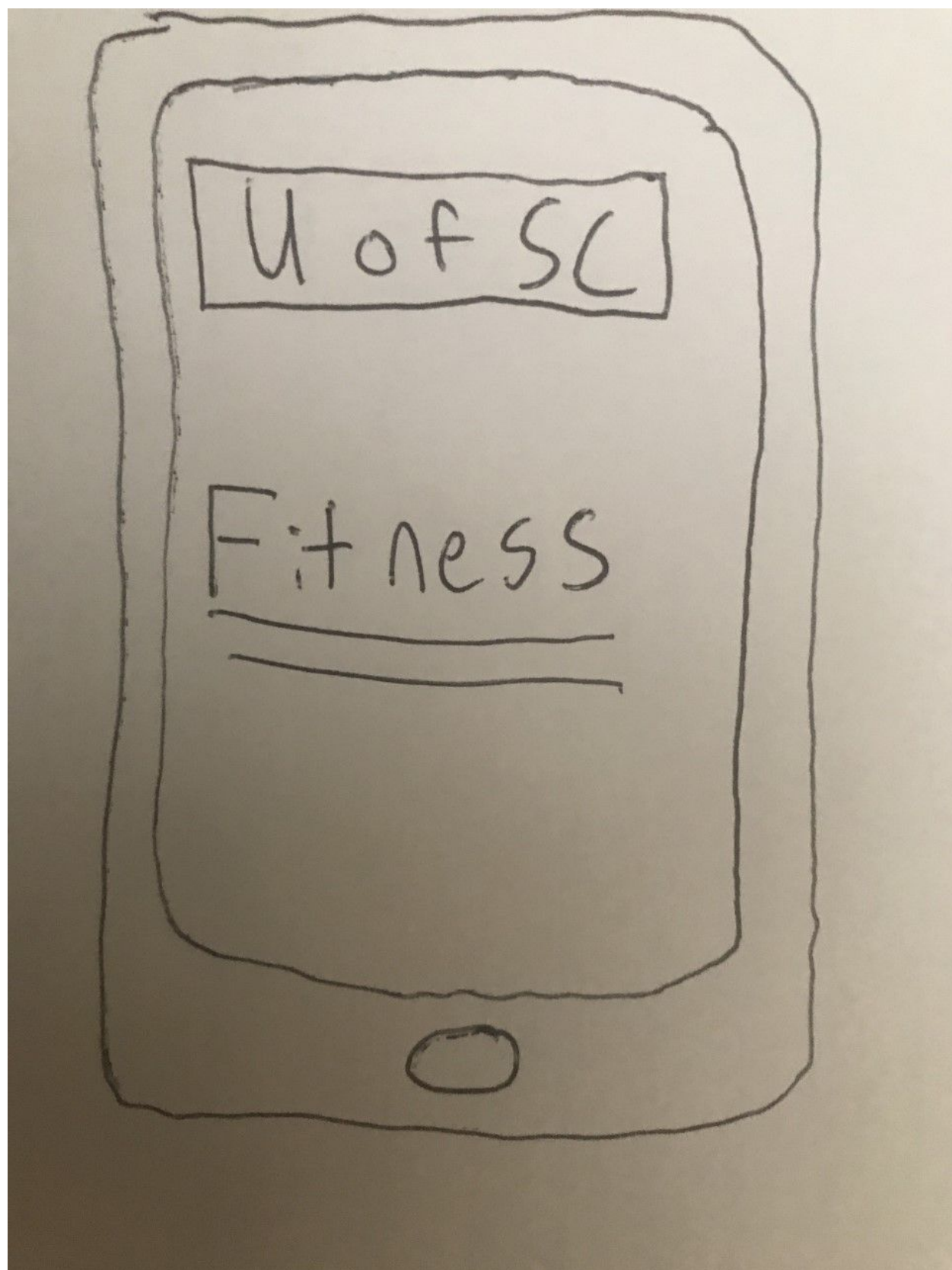
My info -

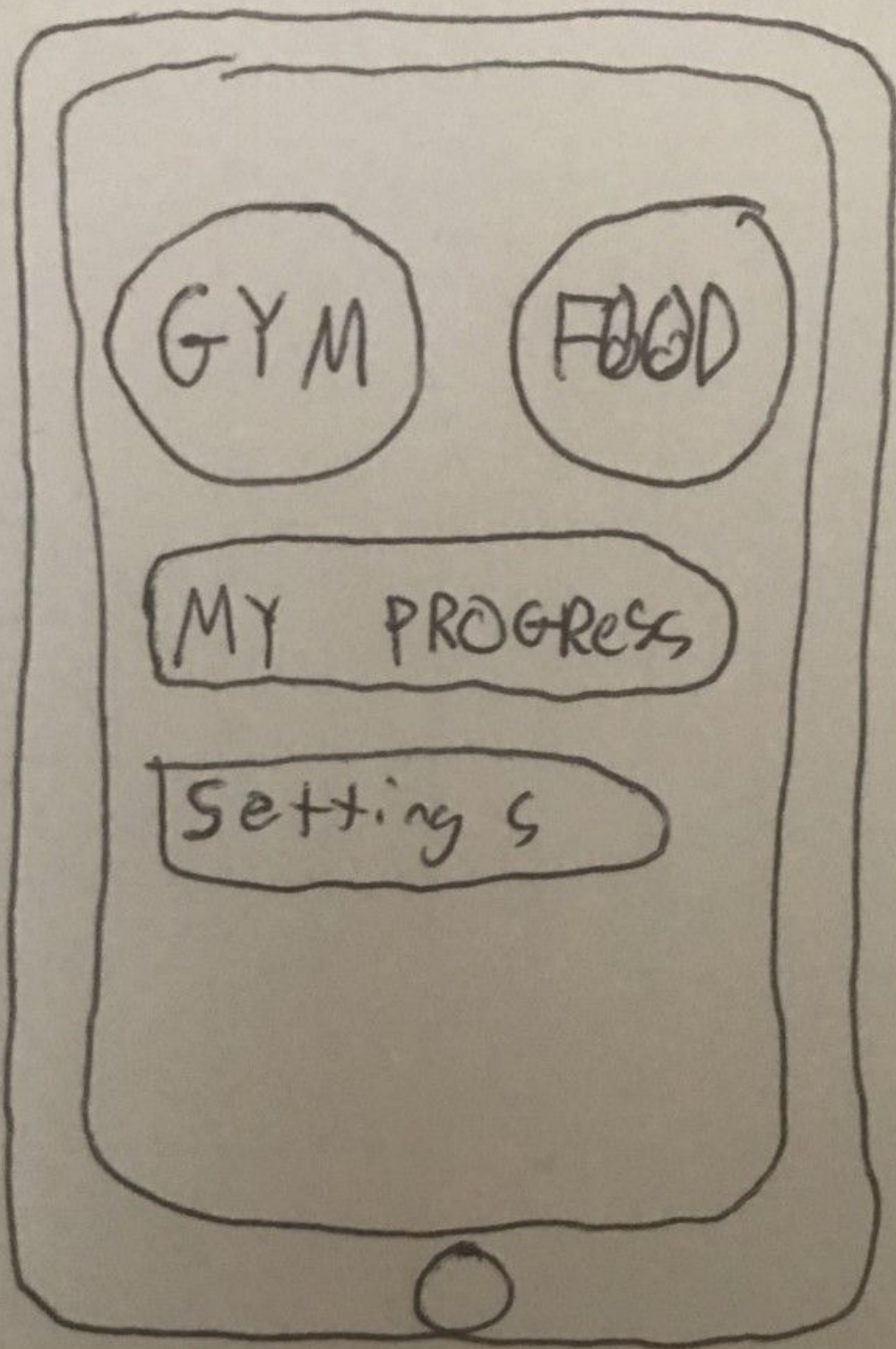
6' 2" Height

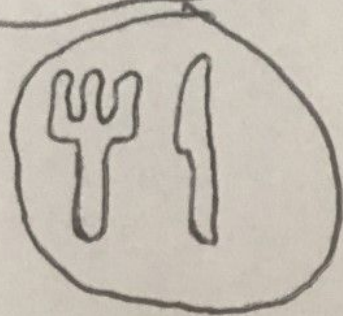
180 Weight

18 Age









- Low cal
- Low carb
- Low fat
- ★ Add allergies ★



Locations near me

- Blatt .3 mi
- Strom .4 mi