

**AIRA SUMMERS**

A\_Summers\_01



Calendar



Fitness



Gym Locator



Nutrition



Log Out

**DASHBOARD**

Friends



Gyms



Routines



Track Distance



Food Diary



Nutrition Goals

Strength  
WorkoutsCardio  
WorkoutsFitness  
Progress**GROCERY LIST**

- ☐ Whole wheat bread
- ☐ Whole-grain flour tortillas
- ☐ Turkey breasts
- ☐ Salmon
- ☐ Brown rice
- ☐ Whole-grain pasta
- ☐ Tomato sauce
- ☐ Red-wine vinegar
- ☐ Extra virgin olive oil



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