



AIRA SUMMERS A_Summers_01

- Calendar
- Fitness
- Gym Locator
- Nutrition
- Log Out

DASHBOARD







Gyms



Routines







Food Diary



Nutrition Goals



Strength Workouts



Cardio Workouts



Fitness 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

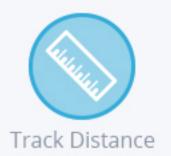


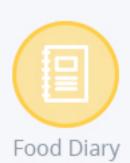
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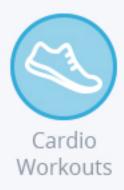


















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