

Nutrition Guide

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

BEANS

Servings: 3 per day
ex: 130g cooked, 60g hummus



FRUITS

Servings: 3 per day
1 medium fruit, 40 g dried fruit



PROTEIN

Servings: 2 per day
ex: 50g cooked poultry or fish



SEEDS

Servings: 1 per day
1 tbsp ground flaxseed



GRAINS

Servings: 3 per day
100 g hot cereal, 1 slice of bread

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EXERCISE

Once per day
ex: 90 min moderate or 40 min vigorous



DAIRY

Servings: 2 per day
ex: 1 glass of milk, 1 cup of yogurt



CRUCIFEROUS

Servings: 1 per day
30-80g chopped, 1 tbs horseradish



VEGETABLES

Servings: 3 per day
ex: 1 medium fruit, 40 g dried fruit



NUTS

Servings: 1 per day
30 g nuts, 2 tbsp nut butter



SPICES

Servings: 1 per day
ex: 1/4 tsp turmeric



BEVERAGES

Servings: 2 liters per day
water, herbal tea, coconut water



Nutrition Guide Guide

C Cleary



Nutrition Guide Guide:

Adopting the Tune of Appearance: An Psychological Symphony within **Nutrition Guide Guide**

In a global consumed by screens and the ceaseless chatter of fast interaction, the melodic elegance and psychological symphony developed by the written term often fade in to the background, eclipsed by the persistent sound and disruptions that permeate our lives. However, nestled within the pages of **Nutrition Guide Guide** a stunning fictional treasure full of fresh emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that charming masterpiece conducts viewers on a mental trip, skillfully unraveling the concealed melodies and profound impact resonating within each carefully constructed phrase. Within the depths of this poignant analysis, we will examine the book is main harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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