Nutrition Guide

BEANS

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



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



PROTEIN

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



SEEDS

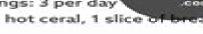
Servings: 1 per day 1 tbsp ground flaxseed



little 🗸

GRAINS

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



EXERCISE

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



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

DAIRY

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



CRUCIFEROUS

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



VEGETABLES

Servings: 3 per day ex: 1 medium fruit, 40 a 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



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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