NUTRITION GUIDE

Food Group Food Sources Protein Vegetables (2 servings) Fruits (2 servings) Protein (2-3 servings)

Grains (5 servings)

Dairy (3 servings)

Green Peas	8.6 g
Artichokes	4.8 g
Asparagus	4.3 g
Brussels sprouts	4 g
Guava	4 g
Avocado	3 g
Jackfruit	3 g
Cherries	1.6 g
Lean Beef	21 g
Chicken Breast	26 g
Haddock	19 g
Cod	21 g
Wild Rice	6.5 g
Whole Wheat Pasta	7 g
Quinoa	8.2 g
Millet	6.5 g
Cottage Cheese	25 g
Greek Yogurt	17 g
Oat Milk	3 g
Soy Milk	8 g

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Didier Musso



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web record breakers were known for their speed and on smooth surfaces were capable of 20 miles per hour 32 km h translating to 500 640 scale miles per hour the cars lacked the pins or blades which characterized most mini 4 wd cars and instead were fitted with guide wheels allowing them to run on a track they could be run independently but

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