

NUTRITION GUIDE

Food Group	Food Sources	Protein
Vegetables (2 servings)	Green Peas	8.6 g
	Artichokes	4.8 g
	Asparagus	4.3 g
	Brussels sprouts	4 g
Fruits (2 servings)	Guava	4 g
	Avocado	3 g
	Jackfruit	3 g
	Cherries	1.6 g
Protein (2-3 servings)	Lean Beef	21 g
	Chicken Breast	26 g
	Haddock	19 g
	Cod	21 g
Grains (5 servings)	Wild Rice	6.5 g
	Whole Wheat Pasta	7 g
	Quinoa	8.2 g
	Millet	6.5 g
Dairy (3 servings)	Cottage Cheese	25 g
	Greek Yogurt	17 g
	Oat Milk	3 g
	Soy Milk	8 g

Best Nutrition Guide

M Lipman



Best Nutrition Guide:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Best Nutrition Guide**

In a world inundated with screens and the cacophony of immediate conversation, the profound power and psychological resonance of verbal artistry frequently diminish in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, located within the musical pages of **Best Nutrition Guide**, a charming work of fictional splendor that impulses with organic thoughts, lies an wonderful journey waiting to be embarked upon. Written by a virtuoso wordsmith, this magical opus books visitors on an emotional odyssey, softly revealing the latent potential and profound impact stuck within the complicated internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main styles, dissect their fascinating publishing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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