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

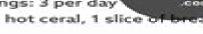
Servings: 1 per day 1 tbsp ground flaxseed



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



Guide Nutrition Guide

Marjorie Bogaert-Tullis, Sarah Samuels



The Enigmatic Realm of **Guide Nutrition Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Guide Nutrition Guide** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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