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

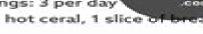
Servings: 1 per day 1 tbsp ground flaxseed



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

Arturo Cuomo



Adopting the Tune of Phrase: An Mental Symphony within Guide Nutrition Guide

In a world consumed by displays and the ceaseless chatter of instant transmission, the melodic elegance and emotional symphony produced by the published term often fade in to the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. However, set within the pages of **Guide Nutrition Guide** a marvelous literary prize brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this interesting masterpiece conducts readers on a psychological trip, well unraveling the hidden melodies and profound influence resonating within each cautiously constructed phrase. Within the depths with this emotional analysis, we shall examine the book is main harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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