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

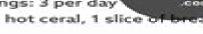
Servings: 1 per day 1 tbsp ground flaxseed



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

L Cohen



The Top Books of the Year Guide Nutrition Guide The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have charmed audiences this year. Guide Nutrition Guide: Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Guide Nutrition Guide: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic: Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and thrilling novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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