

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

Nutrition Guide Advanced

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Nutrition Guide Advanced:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Nutrition Guide Advanced**

In a world inundated with displays and the cacophony of quick connection, the profound energy and psychological resonance of verbal beauty often disappear into obscurity, eclipsed by the continuous assault of sound and distractions. However, located within the lyrical pages of **Nutrition Guide Advanced**, a interesting work of fictional brilliance that impulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Written with a virtuoso wordsmith, that interesting opus guides visitors on a mental odyssey, softly revealing the latent potential and profound affect embedded within the complex internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect their fascinating writing style, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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