

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

Ideas Nutrition Guide

Shirley King Evans



Ideas Nutrition Guide:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Ideas Nutrition Guide**

In some sort of inundated with screens and the cacophony of immediate transmission, the profound power and emotional resonance of verbal art usually fade in to obscurity, eclipsed by the regular onslaught of sound and distractions. Yet, located within the musical pages of **Ideas Nutrition Guide**, a charming work of literary splendor that impulses with fresh feelings, lies an unforgettable journey waiting to be embarked upon. Written by a virtuoso wordsmith, that enchanting opus books readers on an emotional odyssey, delicately exposing the latent potential and profound influence embedded within the elaborate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is main subjects, dissect its captivating publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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