

# NUTRITION GUIDE

Food Group	Food Sources	Protein
<b>Vegetables</b> (2 servings)	Green Peas	8.6 g
	Artichokes	4.8 g
	Asparagus	4.3 g
	Brussels sprouts	4 g
<b>Fruits</b> (2 servings)	Guava	4 g
	Avocado	3 g
	Jackfruit	3 g
	Cherries	1.6 g
<b>Protein</b> (2-3 servings)	Lean Beef	21 g
	Chicken Breast	26 g
	Haddock	19 g
	Cod	21 g
<b>Grains</b> (5 servings)	Wild Rice	6.5 g
	Whole Wheat Pasta	7 g
	Quinoa	8.2 g
	Millet	6.5 g
<b>Dairy</b> (3 servings)	Cottage Cheese	25 g
	Greek Yogurt	17 g
	Oat Milk	3 g
	Soy Milk	8 g

# Ideas Nutrition Guide

**JA Banks**



## **Ideas Nutrition Guide:**

## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Ideas Nutrition Guide**

In some sort of inundated with monitors and the cacophony of quick connection, the profound power and psychological resonance of verbal beauty often diminish in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, nestled within the lyrical pages of **Ideas Nutrition Guide**, a captivating perform of fictional brilliance that pulses with fresh thoughts, lies an wonderful trip waiting to be embarked upon. Published with a virtuoso wordsmith, that magical opus books viewers on an emotional odyssey, gently exposing the latent potential and profound affect embedded within the intricate web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is central themes, dissect its interesting publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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