

# 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

# Nutrition Guide Advanced

**Mark Steyvers**



## **Nutrition Guide Advanced:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Nutrition Guide Advanced**

In some sort of inundated with screens and the cacophony of immediate interaction, the profound power and mental resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, located within the musical pages of **Nutrition Guide Advanced**, a charming work of literary beauty that pulses with natural thoughts, lies an remarkable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this exciting opus instructions visitors on a mental odyssey, lightly exposing the latent possible and profound impact embedded within the intricate internet of language. Within the heart-wrenching expanse of this evocative analysis, we will embark upon an introspective exploration of the book is main subjects, dissect their captivating publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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