

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

S Ashworth



Ideas Nutrition Guide:

Embracing the Beat of Appearance: An Emotional Symphony within **Ideas Nutrition Guide**

In a global eaten by monitors and the ceaseless chatter of instantaneous connection, the melodic beauty and mental symphony produced by the written word often diminish into the background, eclipsed by the persistent sound and distractions that permeate our lives. However, located within the pages of **Ideas Nutrition Guide** a wonderful fictional prize overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that interesting masterpiece conducts readers on a psychological journey, skillfully unraveling the concealed songs and profound affect resonating within each carefully crafted phrase. Within the depths of this emotional examination, we can investigate the book is central harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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