

# 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

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**CO Houle**



**Nutrition Guide Top:**

## Adopting the Song of Appearance: An Mental Symphony within **Nutrition Guide Top**

In a world consumed by displays and the ceaseless chatter of instantaneous communication, the melodic splendor and mental symphony produced by the prepared term often fade in to the backdrop, eclipsed by the relentless sound and distractions that permeate our lives. But, set within the pages of **Nutrition Guide Top** a stunning fictional prize full of organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, that fascinating masterpiece conducts visitors on an emotional journey, well unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of this poignant analysis, we shall investigate the book is central harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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