

# 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

**J Elliott**



## **Ideas Nutrition Guide:**

## Adopting the Song of Phrase: An Emotional Symphony within **Ideas Nutrition Guide**

In a global used by monitors and the ceaseless chatter of instant communication, the melodic elegance and psychological symphony created by the published term frequently fade into the backdrop, eclipsed by the relentless sound and disruptions that permeate our lives. However, situated within the pages of **Ideas Nutrition Guide** a charming literary value brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this fascinating masterpiece conducts visitors on an emotional trip, skillfully unraveling the hidden melodies and profound influence resonating within each carefully constructed phrase. Within the depths of this moving evaluation, we will examine the book is key harmonies, analyze its enthralling publishing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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