

# 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 Top

**M Lipman**



**Nutrition Guide Top:**

## Adopting the Track of Appearance: An Psychological Symphony within **Nutrition Guide Top**

In some sort of used by displays and the ceaseless chatter of instantaneous connection, the melodic splendor and psychological symphony produced by the published term frequently fade in to the background, eclipsed by the constant noise and interruptions that permeate our lives. But, situated within the pages of **Nutrition Guide Top** an enchanting fictional value overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this charming masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed melodies and profound influence resonating within each carefully crafted phrase. Within the depths of the moving evaluation, we can examine the book is main harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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