

# 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 Best

**Emilie Sanchez**



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web the smash comedy hit of the London and Broadway stages this much revived classic from the playwright of *Private Lives* offers up fussy cantankerous novelist Charles Condomine re-married but haunted literally by the ghost of his late first wife the clever and insistent Elvira who is called up by a visiting happy medium one Madame

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web Come into the Garden Maud is the final play in the trilogy Suite in Three Keys in which each play is set in the same Swiss hotel suite it was written by Coward in 1966 and represents the last of his output for the stage before he died

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