

# 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 Advanced

**Jiyuan Zhang**



## **Nutrition Guide Advanced:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Nutrition Guide Advanced**

In a world inundated with monitors and the cacophony of quick connection, the profound power and psychological resonance of verbal art often fade into obscurity, eclipsed by the continuous assault of sound and distractions. However, nestled within the lyrical pages of **Nutrition Guide Advanced**, a captivating function of literary elegance that impulses with raw emotions, lies an unforgettable trip waiting to be embarked upon. Published with a virtuoso wordsmith, this magical opus books visitors on a psychological odyssey, softly exposing the latent possible and profound affect embedded within the complicated web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is central subjects, dissect their captivating publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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