

NUTRITION GUIDE

Food Group	Food Sources	Protein
Vegetables (2 servings)	Green Peas	8.6 g
	Artichokes	4.8 g
	Asparagus	4.3 g
	Brussels sprouts	4 g
Fruits (2 servings)	Guava	4 g
	Avocado	3 g
	Jackfruit	3 g
	Cherries	1.6 g
Protein (2-3 servings)	Lean Beef	21 g
	Chicken Breast	26 g
	Haddock	19 g
	Cod	21 g
Grains (5 servings)	Wild Rice	6.5 g
	Whole Wheat Pasta	7 g
	Quinoa	8.2 g
	Millet	6.5 g
Dairy (3 servings)	Cottage Cheese	25 g
	Greek Yogurt	17 g
	Oat Milk	3 g
	Soy Milk	8 g

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John A. Milner, Donato F. Romagnolo



Nutrition Guide Top:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Nutrition Guide Top**

In a global inundated with screens and the cacophony of fast communication, the profound power and emotional resonance of verbal art often diminish in to obscurity, eclipsed by the constant assault of sound and distractions. However, nestled within the musical pages of **Nutrition Guide Top**, a captivating function of fictional splendor that pulses with organic feelings, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this enchanting opus books readers on a mental odyssey, gently exposing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we can embark upon an introspective exploration of the book is main themes, dissect their charming publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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