

# 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

**Brendan G. Carr**



## **Ideas Nutrition Guide:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Ideas Nutrition Guide**

In a world inundated with monitors and the cacophony of instant interaction, the profound energy and mental resonance of verbal beauty often fade in to obscurity, eclipsed by the continuous assault of sound and distractions. However, located within the musical pages of **Ideas Nutrition Guide**, a interesting work of fictional splendor that pulses with organic feelings, lies an memorable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that interesting opus instructions visitors on a psychological odyssey, delicately revealing the latent potential and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative evaluation, we can embark upon an introspective exploration of the book is central styles, dissect its charming publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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