

# 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

**Clifford Lane**



**Nutrition Guide Top:**

## Enjoying the Track of Appearance: An Mental Symphony within **Nutrition Guide Top**

In a global taken by displays and the ceaseless chatter of instantaneous conversation, the melodic beauty and emotional symphony developed by the prepared word often disappear in to the background, eclipsed by the relentless sound and interruptions that permeate our lives. However, located within the pages of **Nutrition Guide Top** a wonderful literary prize brimming with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding composer of language, this charming masterpiece conducts viewers on an emotional journey, skillfully unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this moving assessment, we can examine the book is central harmonies, analyze its enthralling publishing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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