

# 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

**A Loxley**



## **Ideas Nutrition Guide:**

## Whispering the Secrets of Language: An Emotional Quest through **Ideas Nutrition Guide**

In a digitally-driven world where displays reign great and immediate transmission drowns out the subtleties of language, the profound secrets and emotional nuances concealed within phrases often go unheard. However, nestled within the pages of **Ideas Nutrition Guide** a captivating fictional value blinking with natural thoughts, lies an extraordinary journey waiting to be undertaken. Penned by an experienced wordsmith, that enchanting opus encourages readers on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within ab muscles fabric of each and every word. Within the mental depths of the poignant review, we can embark upon a sincere exploration of the book is key subjects, dissect their captivating publishing design, and yield to the strong resonance it evokes strong within the recesses of readers hearts.

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