

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

Ideas Nutrition Guide

AW Rasmussen



Ideas Nutrition Guide:

Unveiling the Magic of Words: A Report on "**Ideas Nutrition Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Ideas Nutrition Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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