

Nutrition Guide

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

BEANS

Servings: 3 per day
ex: 130g cooked, 60g hummus



FRUITS

Servings: 3 per day
1 medium fruit, 40 g dried fruit



PROTEIN

Servings: 2 per day
ex: 50g cooked poultry or fish



SEEDS

Servings: 1 per day
1 tbsp ground flaxseed



GRAINS

Servings: 3 per day
100 g hot cereal, 1 slice of bread

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EXERCISE

Once per day
ex: 90 min moderate or 40 min vigorous



DAIRY

Servings: 2 per day
ex: 1 glass of milk, 1 cup of yogurt



CRUCIFEROUS

Servings: 1 per day
30-80g chopped, 1 tbs horseradish



VEGETABLES

Servings: 3 per day
ex: 1 medium fruit, 40 g dried fruit



NUTS

Servings: 1 per day
30 g nuts, 2 tbsp nut butter



SPICES

Servings: 1 per day
ex: 1/4 tsp turmeric



BEVERAGES

Servings: 2 liters per day
water, herbal tea, coconut water



Guide Nutrition Guide

JE Gale



Guide Nutrition Guide:

Unveiling the Power of Verbal Beauty: An Psychological Sojourn through **Guide Nutrition Guide**

In a world inundated with displays and the cacophony of instant conversation, the profound energy and psychological resonance of verbal beauty frequently diminish in to obscurity, eclipsed by the regular assault of noise and distractions. Yet, nestled within the lyrical pages of **Guide Nutrition Guide**, a captivating perform of fictional beauty that impulses with raw emotions, lies an memorable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that exciting opus guides visitors on a mental odyssey, gently revealing the latent potential and profound influence embedded within the intricate internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is key styles, dissect its fascinating writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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