

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

Nutrition Guide Checklist

Ian Pickup

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Ian Pickup' text.

Nutrition Guide Checklist:

Whispering the Strategies of Language: An Mental Journey through **Nutrition Guide Checklist**

In a digitally-driven earth where displays reign supreme and quick conversation drowns out the subtleties of language, the profound techniques and emotional subtleties concealed within words usually go unheard. However, located within the pages of **Nutrition Guide Checklist** a interesting literary value blinking with organic feelings, lies an extraordinary quest waiting to be undertaken. Written by an experienced wordsmith, that enchanting opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles material of every word. Within the emotional depths with this poignant review, we will embark upon a genuine exploration of the book is core styles, dissect their charming writing style, and fail to the strong resonance it evokes serious within the recesses of readers hearts.

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