

A collection of fitness and nutrition items arranged on a wooden table. In the background, a sunset is visible through a window. On the table, there are two blue dumbbells, a blue exercise mat, a pink exercise mat, a white sneaker, a glass of milk, a banana, a water bottle, a pear, an apple, a halved papaya, several walnuts, and several small bowls containing different types of grains or seeds. A red heart-shaped object is also present. The text 'Nutrition' is written on a dark sign, and 'FOR FITNESS BEGINNERS' is written on a light sign.

# Nutrition

**FOR FITNESS  
BEGINNERS**

# Nutrition Guide For Beginners

**M Woodhall**



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