

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 yoga mat, a pink yoga mat, a white sneaker, a glass of milk, a banana, a water bottle, a pear, an apple, a halved papaya, several small bowls containing different types of grains and nuts, a red heart-shaped object, and a small book titled 'Nutrition FOR FITNESS BEGINNERS'.

# Nutrition

**FOR FITNESS  
BEGINNERS**

# Nutrition Guide For Beginners

**JL Elias**



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