

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

Margaret Morrison



Guide Nutrition Guide:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Guide Nutrition Guide**

In some sort of inundated with displays and the cacophony of quick interaction, the profound power and psychological resonance of verbal artistry usually fade in to obscurity, eclipsed by the continuous assault of sound and distractions. However, nestled within the musical pages of **Guide Nutrition Guide**, a interesting function of literary splendor that impulses with fresh feelings, lies an memorable journey waiting to be embarked upon. Published by a virtuoso wordsmith, that interesting opus instructions readers on a psychological odyssey, softly revealing the latent potential and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is central subjects, dissect its fascinating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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