

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

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Nutrition Guide Checklist:

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

In a digitally-driven world where displays reign supreme and quick conversation drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words often go unheard. Yet, set within the pages of **Nutrition Guide Checklist** a captivating literary value pulsating with organic thoughts, lies an exceptional journey waiting to be undertaken. Composed by an experienced wordsmith, this marvelous opus encourages visitors on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the very material of every word. Within the emotional depths of this moving review, we shall embark upon a honest exploration of the book is primary styles, dissect their charming publishing fashion, and succumb to the powerful resonance it evokes heavy within the recesses of readers hearts.

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