

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

D Keegan

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name 'D Keegan'.

Nutrition Guide Checklist:

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

In a digitally-driven world where displays reign great and quick connection drowns out the subtleties of language, the profound techniques and emotional nuances concealed within phrases often get unheard. However, located within the pages of **Nutrition Guide Checklist** a interesting fictional treasure sporting with fresh emotions, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, this marvelous opus attracts viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the very fabric of every word. Within the psychological depths with this moving review, we will embark upon a sincere exploration of the book is primary styles, dissect its captivating writing style, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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