

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, a red heart, and several small bowls containing different types of grains and nuts. The text 'Nutrition' is written on a black sign, and 'FOR FITNESS BEGINNERS' is written on a white sign.

Nutrition

**FOR FITNESS
BEGINNERS**

Nutrition Guide For Beginners

Nancy Welch



Nutrition Guide For Beginners:

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