

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

Dietary Nutrient Guide

Annelies Wilder-Smith



Dietary Nutrient Guide:

Whispering the Techniques of Language: An Mental Journey through **Dietary Nutrient Guide**

In a digitally-driven earth wherever displays reign supreme and instant connection drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases frequently go unheard. However, situated within the pages of **Dietary Nutrient Guide** a captivating fictional value pulsing with fresh thoughts, lies an exceptional quest waiting to be undertaken. Written by an experienced wordsmith, that enchanting opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within the fabric of each word. Within the mental depths of the touching review, we can embark upon a heartfelt exploration of the book is core styles, dissect its interesting publishing fashion, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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