NUTRITION GUIDE

Food Group Food Sources Protein Vegetables (2 servings) Fruits (2 servings) Protein (2-3 servings)

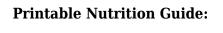
Grains (5 servings)

Dairy (3 servings)

Green Peas	8.6 g				
Artichokes	4.8 g				
Asparagus	4.3 g				
Brussels sprouts	4 g				
Guava	4 g				
Avocado	3 g				
Jackfruit	3 g				
Cherries	1.6 g				
Lean Beef	21 g				
Chicken Breast	26 g				
Haddock	19 g				
Cod	21 g				
Wild Rice	6.5 g				
Whole Wheat Pasta	7 g				
Quinoa	8.2 g				
Millet	6.5 g				
Cottage Cheese	25 g				
Greek Yogurt	17 g				
Oat Milk	3 g				
Soy Milk	8 g				

Printable Nutrition Guide

Puja Mehta



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