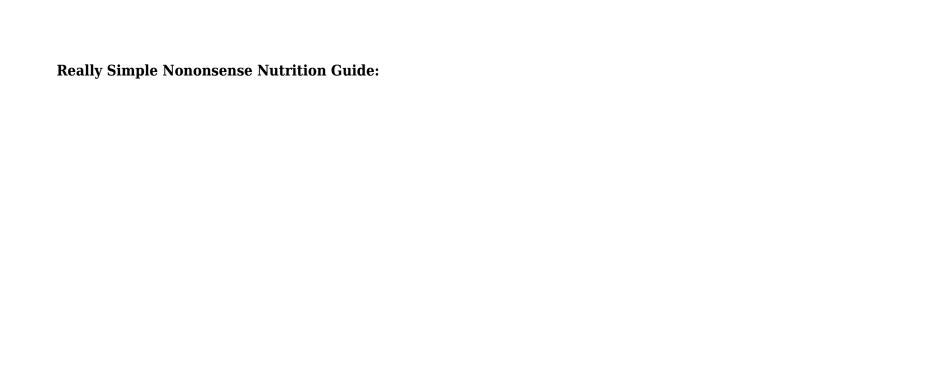


FOOD GUIDE

Food Group		Best Food Sources to Eat	
Grain Group	30%	Barley, bulgur, farro, millet, quinoa, black rice, brown rice, oats, corn	
Vegetables	25%	Green, leafy, and nutrient-dense vegetables, such as spinach, carrots broccoli, kale, and Swiss chard	
Fruits	20%	Apples, blueberries, bananas, oranges, mangoes, avocados, lychees	
Protein	15%	Lean beef, eggs, beans, soy, white-meat poultry, pork tenderloid	
Fat and Sugar 10%		Olive oil, canola oil, sunflower oil, skim milk, yogurt	

Really Simple Nononsense Nutrition Guide

Wenbin Ji



The Enigmatic Realm of Really Simple Nononsense Nutrition Guide: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Really Simple Nononsense Nutrition Guide** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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