



**GRAINS &  
STARCHY  
VEGETABLES**  
5+ SERVINGS

**FRUIT**  
2+ SERVINGS

**SEEDS & NUTS**  
1-2 SERVINGS

**BEANS &  
LENTILS**  
3+ SERVINGS

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4+ SERVINGS

# Nutrition For Vegetarians

**Virginia Messina, Mark Messina**



## **Nutrition For Vegetarians:**

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Nutrition For Vegetarians** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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