

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

Body Pump Nutritional Guide

Clemens Wendtner

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Body Pump Nutritional Guide:

Whispering the Strategies of Language: An Psychological Quest through **Body Pump Nutritional Guide**

In a digitally-driven world wherever screens reign great and instant interaction drowns out the subtleties of language, the profound techniques and psychological nuances hidden within phrases usually get unheard. However, situated within the pages of **Body Pump Nutritional Guide** a charming literary prize pulsating with fresh emotions, lies an extraordinary journey waiting to be undertaken. Written by an experienced wordsmith, that charming opus encourages readers on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles fabric of each and every word. Within the mental depths of this touching evaluation, we can embark upon a honest exploration of the book is primary styles, dissect their fascinating writing model, and yield to the effective resonance it evokes deep within the recesses of readers hearts.

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