

**THE ELSON  
READERS**

**BOOK ONE**



# Elson Readers One

**RJ Shavelson**



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web jan 24 2022 daily this runner consumes carbohydrates 35 of total daily fuel these carbohydrates are a mix that includes run of the mill carbs such as bread and oatmeal dairy such as yogurt and milk and fruit such as berries and bananas protein 35 of total daily fuel healthy fats 15 of total daily fuel