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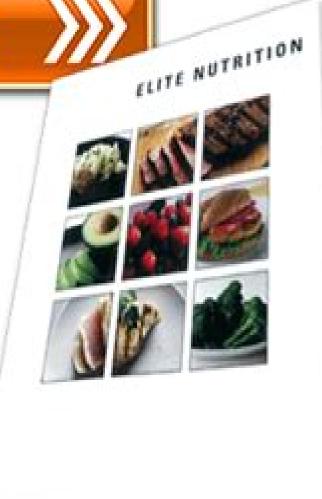
## Elite Nutrition Plan

"Don't dig your grave with your own knife and fork."

- English Proverb

"Processed foods not only extend the shelf life, but they extend the waistline as well"

Karen Sessions





### **Elite Nutrition Guide**

**Dan Benardot** 



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