

**YES! SHOW ME THE
NUTRITION GUIDE**



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

S Ashworth

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

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