

**YES! SHOW ME THE  
NUTRITION GUIDE**



## Elite Nutrition Plan

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"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

**Karin Nielsen-Saines**

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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