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## Nutrition Guide and Meal Plan Introduction

The primary reason why people have trouble losing weight is they have been misinformed about nutrition. Fruit smoothies can be full of sugar. Its natural sugar you say. Better tell your liver. It doesn't care and still converts excess sugar to fat. Brown rice is better than white rice? Your liver isn't racist. Don't punish yourself thinking brown rice is better for you. Perhaps you add protein boosts to your drinks or consider '*good source of protein*' on a label positive without knowing how much protein you already get in a day or require at all. Excess protein is stored as fat. That large double-double has 125% of your daily sugar. A can of pop has about 170% while that large tropical fruit smoothie can have about 300% of your daily sugar. Excess sugar, from fruit or soda, and even milk, can be stored as fat. You are better off getting your vitamin C from cauliflower than orange juice. Weight loss has little to do with calories and more to do with hormones.

There is a great deal of confusion around nutrition. High fat diets. Low fat diets. Low calorie diets. Vegetarian diets. Vegan diets. Keto diets. Paleo diets. Mediterranean diets. What is going on?

Most nutrition information is driven by agendas, beliefs and feelings. Not facts and science. As a carbohydrate biochemist who spent over 10 years in the California medical community developing drugs for type 2 diabetes, Dr. Kevin Richardson changed careers to get people off the drugs he used to help create. He is now a personal trainer/nutritionist at Shapes Fitness and guest speaker for Sobeys Inc and Pharmasave as well as a consultant for an American start up technology company using continuous glucose monitors to address the diabetes epidemic.

*Kevin will send you a sample 7-day meal plan, guidance document and have a 30-minute phone call to help you personalize a nutrition plan. This \$200 package is our gift when you invest in personal training. No nonsense nutrition and professional training. Are you ready for real results?*