



## Chef Charles Michael Biography



Chef Charles Michael Kandutsch is a freelance writer who enjoys the challenges of converging the medias of print, video, eBooks and Internet. His latest challenge has been turning his trilogy of nutrition and healthy eating cookbooks Eat the Right Foods, Cook The Right Foods and Shop the Right Foods (Chef Media and Publishing Group, 2008-2011) into an online and offline course that helps participants augment their eating to lose weight and reduce their risks of diet related chronic diseases. Each of the 16-weeks of *The Burn 500 Healthy Eating and Weight-Loss Program* covers a different aspect of eating healthy from emotional eating to selecting quality proteins to cooking with super foods at home. Chef has as also been featured on most major networks and included in many newspapers on his cooking skills, children's cookbooks, educational speaking to kids, spokesperson to culinary events and as winner of several chef competition's.

Besides being an author writing on nutrition since his successful 100-pound weight-loss in 2010, he has owned of a software company for 30 years which focus is on writing sales automation software, Internet site development and network integrations. He also rounds out several of his skills offering full in-house video production and book publishing services, restaurant menu consulting and hosting cooking classes and culinary events. After years of owning a business and consulting various clients in industrial distribution, food manufacturing, real estate, apparel, safety and the military it has taken him around the globe from installing software to writing reviews for his restaurant travel website.

Mr. Kandutsch was born in Phillips, Wisconsin and has lived in Dallas, Texas for the last 28 years. He was one of the youngest Eagles scouts before age 13. While degreed in Accounting and Finance from the University of North Texas, he also went through the culinary and pastries program at El Centro College with honors. The popularity of television chefs is a key reason he attended chef school to help get out his message about healthy eating and weight-loss, as dietitians and nutritionist seldom grab national attention to lead a cause. Chef Charles Michaels next phase of his professional career will be promoting the Burn 500 Program, hosting chronic cooking seminars and promoting his other nutrition related companies to America's 25 fattest cities. For more information, social media, chef history, book or program purchases or links to other companies, please visit <http://ChefCharlesMichael.com> or visit the program site at <http://Burn500.com>. He may be reached at [ChefCharlesMichael@gmail.com](mailto:ChefCharlesMichael@gmail.com)

**Eat the Right Foods**  
 Eat a variety of fruits and vegetables. Eat a variety of grains. Eat a variety of proteins. Eat a variety of dairy products.



...and a variety of grains. Eat a variety of proteins. Eat a variety of dairy products.

**Healthy Eating Program**

**Cook The Right Foods**  
 Use a variety of healthy cooking methods. Use a variety of healthy oils. Use a variety of healthy seasonings.



...and a variety of healthy seasonings.

**Healthy Eating Program**

**Shop The Right Foods**  
 Buy a variety of healthy foods. Buy a variety of healthy brands. Buy a variety of healthy sizes.



...and a variety of healthy sizes.

**Healthy Eating Program**

**Burn 500™ Weight Loss & Healthy Eating Program**




**Let's Cook & Move!**  
 The Weight Loss Program

...and a variety of healthy sizes.

**Healthy Eating Program**

**BURN 500™ Healthy Eating & Weight Loss Program**



**Complete Set of Programs From Us to Eat Healthy and Accomplish Your Weight-Loss Goals!**

...and a variety of healthy sizes.

**Healthy Eating Program**


**Healthy Eating & Weight Loss**



...and a variety of healthy sizes.

**Healthy Eating Program**

**Eat Right & Grow Up Healthy!**



...and a variety of healthy sizes.

**Healthy Eating Program**

**Burn 500™ Healthy Eating & Weight Loss Program**



...and a variety of healthy sizes.

**Healthy Eating Program**