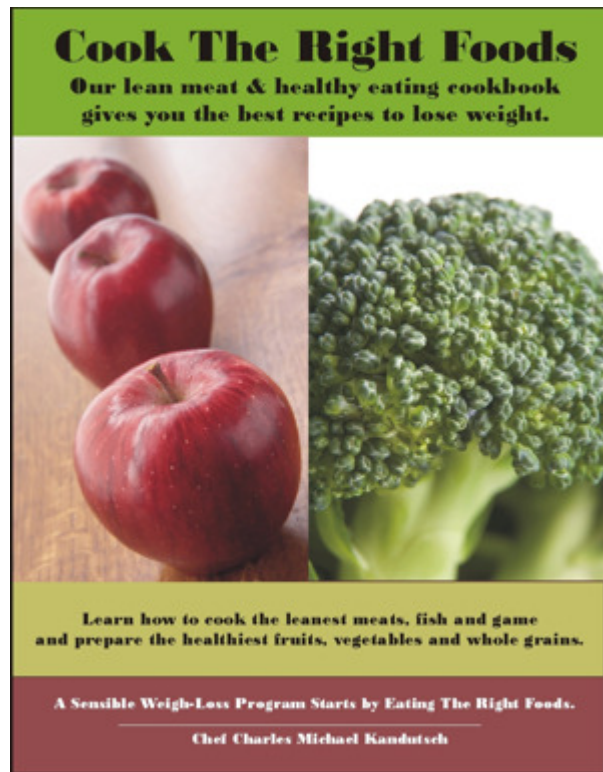
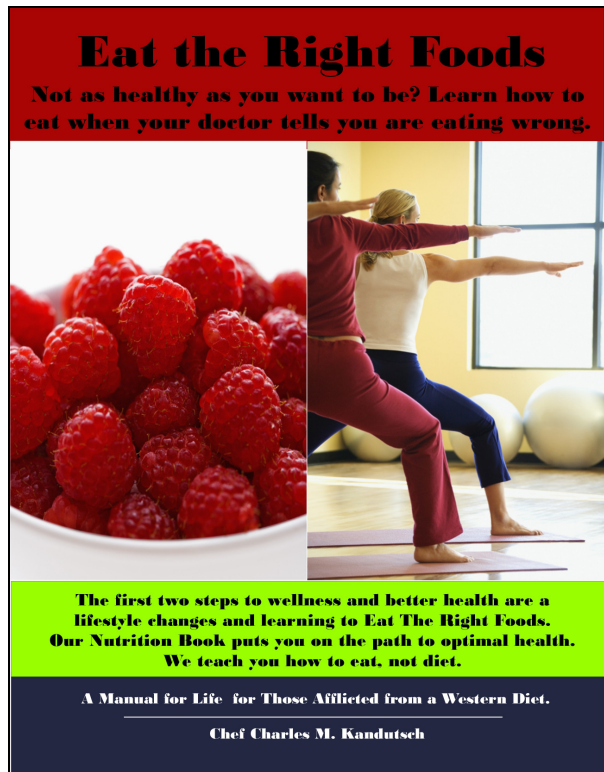




**Chef Charles Michael teaches lifelong healthy eating strategies in his trilogy of Books
Learn to Eat Right, Cook Right and Shop Right for your health.**



EAT

COOK

SHOP

Chef Charles Michael

A Trilogy of Books to Help You Improve Your Health.
 Chef Media & Publishing Group

Eat the Right Foods

Not as healthy as you want to be? Learn how to eat when your doctor tells you are eating wrong.



The first two steps to wellness and better health are a lifestyle changes and learning to Eat The Right Foods. Our Nutrition Book puts you on the path to optimal health. We teach you how to eat, not diet.

A Manual for Life for Those Afflicted from a Western Diet.

Chef Charles M. Kandutsch

Eat The Right Foods	Trim Size:	8-1/2 X 11 Trade Paperback
A Manual for nutrition for those afflicted from a Western Diet	Page #'s:	238
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Chef Charles Michael Kandutsch	Website:	EatTheRightFoods.com
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Suggested Retail Price \$29.99		
eBook Suggested Retail \$21.95		

Eat The Right Foods

Chef Charles Michael Kandutsch

Eat The Right Foods is a nutrition and lifestyle book that takes you through 25 steps towards eating in a more healthful way for overall wellness. We don't put you on a diet or tell you to start an exercise program; we teach you how to eat right. Special sections on eating right for chronic diseases are included. This book is designed for readers suffering from a Western Diet.

Turning forty and obese and suffering from high blood pressure, high cholesterol and pre Type II diabetes made me take an inventory of my life. I was very unhealthy, could barely walk up a flight of stairs, and concerned for my health. My best friend who was in perfect shape, financially worry-free and had a wife who was a dietitian passed away at just 50. He was of perfect health, I was of pathetic health...it should have been me. Something had to change, as my cardiovascular system was failing.

I had realized that the advice that I was getting from doctors was the wrong advice. "Just take these pills for the rest of your life and keep doing what your doing and you will be just fine," was the standard advice I got. The high blood pressure medicine made me tired and not where I wanted to be mentally. I was so fat I was beginning to get sleep apnea.

Finally I had enough. I began researching weight loss techniques, diets and various life style changes. I read hundreds of books on diet, exercise programs, psychology of eating, and the curative properties of food. I decided that for long-term weigh loss the best solution was to learn how to eat right. I then decided that I would eat my way back to health, not diet or exercise.

When a friend of mine was diagnosed with breast cancer, I studied food ties to cancer. A stunning conclusion, coronary heart, diabetes, cancer and high cholesterol all have ties to what you eat. This book sets you up with the information you need to change your lifestyle and begin eating in a healthful way. I have included critical information on chronic diseases and obesity. I wish you my success, as I have lost over 100 pounds of fat and have been off all medicine for years.

Author Bio:

Charles Kandutsch is author of a nutrition book entitled, **Eat The Right Foods** were it's his belief that you can't out run your appetite. He also authored **Cook The Right Foods** a companion cookbook that teaches chefs healthy food preparation with over 300 recipes. **Shop The Right Foods** is the final book of the trilogy which focuses on the prevention, maintenance and reversal of chronic disease by selecting specific ingredients. Chef Charles has trimmed approximately 100 pounds of fat from his body by eating right, not dieting and exercise and has included healthy eating advice, cooking techniques and recipes in these three books.

Cook The Right Foods

Lean & Healthy Cookbook



Learn How to Prepare the Leanest Meats, Fish and Game and Pick the Healthiest Fruits, Vegetables and Whole Grains.

Utilize Our Sensible System to Improve Your Overall Well Being

Chef Charles M. Kandutsch

Cook The Right Foods	Trim Size:	8-1/2 X 11 Trade Paperback
Lean and Health Cookbook	Page #'s:	281
Chef Charles Michael Kandutsch	ISBN-13:	978-0-9825925-1-9
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Cook The Right Foods

Chef Charles Michael Kandutsch

Cook The Right Foods teaches chefs to cook healthy, nutritious and great tasting recipes at home or in their restaurant. Included, are lean meat, healthful soup and vegetable recipes for those suffering from a Western Diet. Too many people are digging their graves with their own knife and fork, this book teaches healthy cooking.

People are encouraged to eat fruits, vegetables and whole grains if they want to begin eating in a healthful way. That doesn't mean that we can't eat meat. Westerners have an affliction with eating red meat and this book steers meat eaters to make the healthiest choices to put into their mouths.

If you're like most people you have tried fad diets, exercise programs and other activities to loss weight, and are probably still part of the 2/3 of the country's overweight citizens. There are so many diets out there from the chocolate diet to the eat nothing but red meat diet to the brown rice diet. Do they work? Well if it is short term results you're looking for, you will probably lose a few pounds on any diet you go on. Some diets focus on eating a ton of one thing that's been deemed healthy by a trivial study or fact.

To eat a healthful diet, a person needs to eat a variety of fruits, vegetables, whole grains, fats and proteins to stay healthy.

The food you choose can make a big difference in the weight loss results you experience. You can still enjoy a steak, but selecting the proper cut in a proper portion size can mean saving hundreds of calories in a single serving.

Cook the Right Foods helps chefs pick the leanest cuts of meat and gives recipes for the healthful preparation of beef, chicken, pork, fish and wild game. We teach you how to make healthy salads, soups and smoothies and introduce an eating plan that makes smart use of meat in your diet. We give you frank advice on how to reduce your dependence of red meat and give you many options to change up your plate. With larger portions of vegetables and whole grains, ideally, meat should be reduced to 1/3 or less of the plate.

This book's more than lean recipes; it explains healthy cooking techniques and gives advice on planning to start a more healthful diet. We also give you over 50 different vegetable recipes.

Author Bio:

Charles Kandutsch is author of a nutrition book entitled, Eat The Right Foods were it's his belief that you can't out run your appetite. He also authored Cook The Right Foods a companion cookbook that teaches chefs healthy food preparation with over 300 recipes. Shop The Right Foods is the final book of the trilogy which focuses on the prevention, maintenance and reversal of chronic disease by selecting specific ingredients. Chef Charles has trimmed approximately 100 pounds of fat from his body by eating right, not dieting and exercise and has included healthy eating advice, cooking techniques and recipes in these three books.

Shop The Right Foods

No one food will cure you from disease...it's the combinations of foods that make you healthy.



This cookbook is designed for the prevention, maintenance or reversal of chronic diseases, including heart disease, certain cancers, type II diabetes and obesity.

Super Food Recipes Designed for the Prevention of Chronic Diseases

Chef Charles Michael Kandutsch

Shop The Right Foods

Chef Charles Michael Kandutsch

Shop the Right Foods advises readers how to shop at grocery stores, cook at home and eat at restaurants for specific ingredients that are best for your health. This book's focus is on Super Foods and their curative properties for chronic disease. Super Food recipes are categorized for coronary heart disease, diabetes, cancer and weight-loss.

This book's focus is on ingredients and super foods helpful in the prevention, reversal or maintenance of chronic disease. Is it what we eat, or do not eat, that explains the high rates of chronic disease associated with a Western diet? The CDC states, 80 % of cardiovascular disease and diabetes and 40% of cancer can be avoided through 3 simple things:

- 1) Stop Smoking
- 2) Moderate Exercise
- 3) Proper Eating

Of the three, the first two are straight forward and depend on the willpower of the participant. Shop The Right Foods focuses on is teaching eating strategies for long term health. While our first book gives basic strategies for healthy eating and our second book focuses on portion control and healthier preparations, this book's focus is on specific ingredients.

Eating healthy is not really defined anywhere. It's usually assumed by a doctor who tells a patient to eat better and lose weight that they know what to do.

While no one food will cure any disease, eating a variety of healthy foods and changing certain lifestyle traits is the norm, not the exception, to those who tend to survive chronic disease. There seems to be no coincidence that those who eat a Mediterranean or Eastern diet have fewer incidences of chronic disease. Hippocrates said it best, "Let food be thy medicine and medicine be thy food."

Our super food recipes have nutrient profiles that are helpful for prevention, maintenance or reversal of chronic diseases deemed avoidable by the CDC. Shop The Right Foods offers tasty recipes which meet or exceed recommendations by the American Heart Association, American Cancer Association, and American Diabetes Association. We go in-depth to an ingredient level, teaching you how to shop at grocery stores, cook at home, dine out and give actual substitution advice in selecting foods which have fewer calories, less salt and fat and more nutrients and fiber.

Author Bio:

Charles Kandutsch is author of a nutrition book entitled, **Eat The Right Foods** were it's his belief that you can't out run your appetite. He also authored **Cook The Right Foods** a companion cookbook that teaches chefs healthy food preparation with over 300 recipes. **Shop The Right Foods** is the final book of the trilogy which focuses on the prevention, maintenance and reversal of chronic disease by selecting specific ingredients. Chef Charles has trimmed approximately 100 pounds of fat from his body by eating right, not dieting and exercise and has included healthy eating advice, cooking techniques and recipes in these three books.

Shop the The Right Foods	Trim Size:	8-1/2 X 11 Trade Paperback
Cooking for the prevention, maintenance or reversal of chronic diseases.	Page #'s:	334
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	Website:	ShopTheRightFoods.com
Chef Charles Michael Kandutsch	Publisher	Chef Media and Publishing Group
Suggested Retail Price \$34.99		
eBook Suggested Retail \$21.95		

Burn 500™ Weight Loss & Healthy Eating Program



Lean how to lose 50 pounds in a year by the way you eat, cook & shop.



Lose Weight by Eating Right, not Diet and Exercise.

Chef Charles Michael Kandutsch

Burn 500™ Weight loss and Healthy Eating Program

Kids make nutrition choices every day and we help them make good ones.

Chef Charles Michael Kandutsch
Online Program \$99
6-Book Set \$159.70
3-Book/6 DVD Set \$149.00

Trim Size: 8-1/2 X 11 Trade Paperback
Page #'s: 138
ISBN-13: 978-0-9825925-0-2
Website: Burn500.com

Publisher: Chef Media and Publishing Group

Burn 500™ Healthy Eating and Weight Loss Program

The *Eat/Cook/Shop the Right Foods* trilogy of books was written for those suffering from being overweight or from obesity related chronic diseases. Long, long ago Hippocrates, the grandfather of modern medicine, said "*Let Food Be Thy Medicine and Medicine Be Thy Food*". This advice was given in 431 B.C. and it meant that what we eat can play an important role in our health and the prevention of disease.

The Burn 500™ Healthy Eating and Weight-Loss Program is a 16-week Internet based program, broken into 4 phases that helps augment your diet to help you eat right. With obesity just being classified as a disease, the program targets the 1/3 of Americans who seek to eat even healthier and the 2/3 that need to reverse risks associated with being overweight or obese. The natural side affect of eating healthier is weight-loss, feeling better and helping reduce your risks of diet related chronic disease.

In each of the phases, participants are informed of various topics concerning lifestyles and moods, eating a healthy diet, healthy cooking techniques and finally how to shop and eat right at grocery stores and restaurants. Each day participants receive an email with a factoid and link to the day's lessons which include a weight-loss tip of the day, featured super food and recipe, 100 calorie snack suggestion and tracking activities or worksheets for special projects. Also included are one or

both of the daily lessons that are either 1 of the 77 streaming video presentations or 1 of 83 different articles covering weekly topics. A weight-loss commitment to lose between 1/2 to 2 pounds per week is desired. If it took the participant 50 years to gain that 50 pounds, then losing it in a year should be a snap.

The Burn 500 program targets those who also have diet related chronic disease concerns. The program complements most treatment to prevent, reverse or maintain against cardiovascular disease, type 2 diabetes or certain diet related cancers.

Chef Charles Michael is the author of a trilogy of nutrition books used as the basis for this program entitled; *Eat The Right Foods*, *Cook The Right Foods* and *Shop The Right Foods*. In addition to the Internet based program, it also comes in a 6-Book Set or 3 book/6-DVD set for those wanting all the articles, tracking forms and recipes for a total off-line course.

Author Bio:

Charles Kandutsch is author of a nutrition book entitled, **Eat The Right Foods** were it's his belief that you can't out run your appetite. He also authored **Cook The Right Foods** a companion cookbook that teaches chefs healthy food preparation with over 300 recipes. **Shop The Right Foods** is the final book of the trilogy which focuses on the prevention, maintenance and reversal of chronic disease by selecting specific ingredients. Chef Charles has trimmed approximately 100 pounds of fat from his body by eating right, not dieting and exercise and has included healthy eating advice, cooking techniques and recipes in these three books.

Eat Right & Grow Up Healthy

The first step in growing up healthy is to Eat The Right Foods. Those nutritious foods will help you do better academically, athletically & socially.



Chubby Charlie didn't know why he was chubby until he learned to "Eat the Right Foods."

Chef Charles Michael Kandutsch

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Eat Right & Grow Up Healthy

Chef Charles Michael Kandutsch

Kids make countless nutrition decisions everyday which can ultimately affect their lives. While no one poor food choice makes a difference in an overall diet, consecutive daily poor choices do and can lead to obesity and obesity related chronic diseases later in life. Eat Right & Grow Up Healthy explains to teenagers what it is to eat healthy and the two proven methods of weight loss; calorie reduction and exercise.

Chef Charles Michael aka "Chubby Charlie" has been proactive in teaching the merits of eating and cooking healthy while he volunteers in the *Chefs Move to School Program* and *Pro Start Programs* aimed at culinary high school students. While the prevalence of being overweight was seen first hand during lectures, it was not until he was asked by a student just diagnosed with Type II diabetes and a follow-up survey that he realized the extent within just this small group of 14-18 year olds. The alarming number of teenagers already overweight and with diabetes prompted him to retool the adult trilogy set *Eat/Cook/Shop the Right Foods* to a lighter tone for teenagers. Our educational books, cooking classes and nutrition seminars focus on the prevention, reversal or maintenance of weight-related chronic diseases through proper eating, cooking and ingredient shopping. It is a goal of our programs to teach lifelong habits to the participant and their family.

The fact that 1 out of 3 cases of the top seven chronic diseases can be avoided through nutritional knowledge and eating right is astounding. The focus of this author and his *Eating Right* is the Cure 501(c) (3) charity is a bit different; if we realize that being overweight or obese is a precursor to chronic diseases; then it makes sense to intervene and teach healthy eating early on, especially in teens, and prevent needless suffering later in life all together.

America is facing a health crisis. 208 million Americans, just over 2/3 are overweight or obese. Too many people start as kids digging their graves with their own knife and fork. The author gives straight forward advice on how to eat healthy for life. Join the author in transforming you and your family's health by demystify weight loss and teaching you how to eat healthy.

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Eat Right and Grow Up Healthy	Trim Size:	8-1/2 X 11 Trade Paperback
Kids make nutrition choices every day and we help them make good ones.	Page #'s:	84
	ISBN-13:	978-0-9825925-6-4
	Website:	KidsCook.tv
Chef Charles Michael Kandutsch	Publisher	Chef Media and Publishing Group
Suggested Retail Price \$12.95		
eBook Suggested Retail \$9.95		

If a Kid Can Cook it
...so can you!!



DVD &
Cookbook

If a Kid Can Cook it...So Can You!

Chef Charles Michael Kandutsch

This keepsake DVD/Cookbook compilation set – attempts to teach beginning, not just young chefs to cook healthy. The release features chefs Crystal (Age 5) and Dee Dee (Age 10) preparing forty kids' and adult favorite recipes for beginning chefs to follow in two formats; Instructional DVD videos or step-by-step recipes via a laminated kid-friendly cookbook.

We surveyed their classmates and found their favorite dishes, then scoured the Internet and collection of 1000 cookbooks to find kid-friendly recipes. Once found and liked by the kids, we then modified these recipes to be healthy and easy to prepare. The two young chefs helped pick the finalize the recipes, then cooked each and every dish contained in the compilation set. They were even involved in photographing the finished products. Most of the recipes are either solely or jointly cooked by a 5-year old, so if "Crystal" can cook it... so can you or anyone wanting to learn to cook.

featured in the compilation including their favorites: Breakfast Delight Casserole, Crockpot Sloppy Joes, Pad Thai Chicken, Mixed Bag Pasta Salad, Apple Raspberry Crisp, Baked Potato Boats, Blueberry-Strawberry Smoothies and Delicious Dirt Cake. Rated with skill levels. **If a Kid Can Cook It...So Can You!** is Rated G for general audience viewing. Available on 2-DVD Disc set for retail release, with specially designed laminated cookbook. The DVD #1 has a run time of approximately 2 hours 12 minutes. DVD #2 has a run time of approximately 2 hours 10 minutes. Available for purchase at www.KidsCook.tv.

Synopsis: 40 Recipes. 8 Laminated mealtime cookbook cards. 5 Kids favorite recipes for each mealtime (Breakfast, Lunch, Dinner, Side Dishes, Dessert, Appetizers, Drinks and Party Foods). This book will help beginning chefs of all ages learn to cook, not only by following the recipes and looking at the pictures, but by also watching the instructional step-by-step video recipes on DVD. Young chefs Crystal and Dee Dee made all the dishes

Educational Version: Educational release distributed on 8G flash drives with videos files available in WMV, MPEG or FLV file formats for file server. Site server license available for entire school use with DVD Set for Library or classroom also included. Recipes in PDF format printable for student use. Contact ChefCharlesMichael@gmail.com for details and pricing.

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If a Kid Can Cook It...So Can You!!	Trim Size:	8-1/2 X 11 Trade Paperback
Teaching Kids Healthy cooking	Page #'s:	2 DVD's 8 tri-fold Laminated Recipe Books
Chef Charles Michael Kandutsch	ISBN-13:	978-0-9825925-6-4
	Website:	KidsCook.tv
Suggested Retail Price \$12.95	Publisher	Chef Media and Publishing Group
eBook Suggested Retail \$9.95		

Bugs, Critters and Flowers

Unique ways to get your kids to eat fruits and vegetables.



Get your kids eating Fruits and Vegetables because its fun.

Chef Charles Michael Kandutsch

Bugs Critters and Flowers!

Chef Charles Michael Kandutsch

Getting kids to eat their fruits and vegetables just might be a parent's biggest challenge. Our book teaches both parents and children how to make fun shares out of common fruits and vegetables that will make eating fun.

Chef Charles Michael created this book to encourage kids to eat fruits and vegetables. It's a keepsake book that can be used by parents to help them get their kids to eat fruits and vegetables as snacks or used as guide for making fun shapes for parties. With just minimal tools, all recipes can be performed by child or adult. The best part about it is you can eat your mistakes as fast as you make them and start over.

Chef has received much publicity with this book and seminars he has held at the Taste of Dallas, Taste of Uptown and Dallas Kids Fitness Expo. It has landed him on all major networks and made him the spokesperson for the 2011 Taste of Dallas.

There are an equal amount of fruit and vegetable shapes where kids can make anything from a grasshopper to a snake to a dragonfly. Shapes utilizing several different fruits and vegetables in each example.

The book begins with healthy eating advice that explains what a healthy diet is about. It then encourages kids to eat a rainbow assortment of fruits and vegetables with a list of produce from each cover.

Key facts on Child Obesity

- One in three children and adolescents are overweight or obese
- Approximately 17% (12.5 million) children and adolescents are obese
- It is estimated that 1 in 5 young people will be obese by 2020
- 42% of Americans will be obese by 2030 and another 40% overweight. The cause of obesity is a caloric imbalance which often times starts at childhood.

Getting kids to start eating fruits and vegetables is one of the first and foremost strategies in combating obesity and building lifelong healthy eating habits.

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Bugs, Critters & Flowers

Carving fruits and vegetables into interesting shapes kids will eat.

Chef Charles Michael Kandutsch

Suggested Retail Price \$9.95

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