



The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently

Lisa R. Phd Young

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The Portion Teller Plan is a sensible eating guide and the end of diet deprivation. No forbidden foods, no calorie counting. Welcome to diet liberation.

Would you ever consider going to the kitchen in the morning and grabbing five slices of bread for breakfast? No? Just one bagel is more like it, right? Well, your morning bagel is equivalent to eating five slices of bread. Your steak at dinner is equal to the protein in eighteen eggs. And that huge bowl of pasta you had at lunch is anybody's guess. Nobody likes to cut back but the cold hard facts are in: Portion sizes have steadily increased over the past thirty years and our collective waistlines are ballooning right along with them. You may need to eat a little less if you want to lose weight, but with *The Portion Teller Plan* you can eat all of your favorite foods. Nutrition and portion size expert Dr. Lisa Young presents an individualized guide to eating according to your *portion personality* and food preferences. You'll learn a simple system of visuals—a deck of cards, a baseball, your own hand—to help gauge portion size. You'll be able to eat out, eat in, cheat, and eat on the road without ever being a portion victim again.

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Cindy Grant:

This The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently are generally reliable for you who want to be described as a successful person, why. The reason why of this The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently can be among the great books you must have is definitely giving you more than just simple examining food but feed a person with information that maybe will shock your before knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions at e-book and printed types. Beside that this The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently giving you an enormous of experience for instance rich vocabulary, giving you demo of critical thinking that we all know it useful in your day action. So , let's have it appreciate reading.

Joseph Tucker:

Playing with family in a park, coming to see the coastal world or hanging out with buddies is thing that usually you will have done when you have spare time, and then why you don't try matter that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently, you can enjoy both. It is good combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

Vanessa Gibson:

Many people spending their time frame by playing outside together with friends, fun activity using family or just watching TV 24 hours a day. You can have new activity to invest your whole day by looking at a book. Ugh, think reading a book will surely hard because you have to bring the book everywhere? It alright you can have the e-book, getting everywhere you want in your Smartphone. Like The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently which is finding the e-book version. So , why not try out this book? Let's find.

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when you're feel alone and confuse in what must you're doing of their time.

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