



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

Lisa R. 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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As people who live in the modest era should be up-date about what going on or details even knowledge to make these people keep up with the era that is always change and move ahead. Some of you maybe may update themselves by studying books. It is a good choice to suit your needs but the problems coming to you is you don't know which one you should start with. This The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and need in this era.

Lula Estes:

In this era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become considered one of it? It is just simple approach to have that. What you need to do is just spending your time not very much but quite enough to experience a look at some books. On the list of books in the top checklist in your reading list is actually The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently. This book that is certainly qualified as The Hungry Inclines can get you closer in becoming precious person. By looking way up and review this reserve you can get many advantages.

Tara Huber:

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