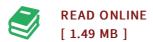




The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently

By Lisa R Young

Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently, Lisa R Young, "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....



Reviews

Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.

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It becomes an awesome publication that I actually have actually read. It really is writter in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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