



# **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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