



Portion Savvy: The 30-Day Smart Plan for Eating Well

Carrie Latt Wiatt

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Let the "Queen of Lean" (*GQ*) inspire you to a healthier, happier body in just thirty days, and help you enjoy the lifelong benefits of looking and feeling sensational. Carrie Latt Wiatt has worked weight-watching wonders for her celebrity clients, including Alfre Woodard, Neve Campbell, Jennifer Aniston, and Dennis Quaid. Now, this gifted motivator lays out a back-to-basics plan for permanent weight control -- without sacrificing the wonderful flavors, textures and variety that every palate craves.

How can you reach your desired weight and stay off the diet roller coaster forever? **The key is portion control.** Portion-savvy men and women don't diet -- they manage food wisely by knowing their right-sized servings, a skill that "clicks in" every time they make a food choice. Let Carrie Wiatt retrain your eye, your appetite *and* your attitude -- you'll find yourself not only craving healthier foods, but feeling satisfied by smaller servings. And with the delicious and easy low-fat recipes that set the *Portion Savvy* plan in motion, you'll be creating healthy habits without even knowing it. You'll wonder why you ever ate any other way!

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Bettina Cutler:

This Portion Savvy: The 30-Day Smart Plan for Eating Well book is not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is information inside this book incredible fresh, you will get data which is getting deeper a person read a lot of information you will get. That Portion Savvy: The 30-Day Smart Plan for Eating Well without we realize teach the one who reading it become critical in imagining and analyzing. Don't be worry Portion Savvy: The 30-Day Smart Plan for Eating Well can bring if you are and not make your bag space or bookshelves' become full because you can have it with your lovely laptop even telephone. This Portion Savvy: The 30-Day Smart Plan for Eating Well having very good arrangement in word along with layout, so you will not truly feel uninterested in reading.

Laverne Jackson:

Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Portion Savvy: The 30-Day Smart Plan for Eating Well, you could enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't buy it, oh come on its named reading friends.

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