

PORTION TELLER PLAN%0A

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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. No forbidden foods, no calorie counting. Welcome to diet liberation.

The Portion Teller Plan - Dr. Lisa Young, PhD, RDN Line drawings, charts, The Portion Teller Plan pyramid, and portion diaries all help readers track and chart their own diet courses. With no forbidden foods, no phases to switch in and out of, and no carb or calorie counting, The Portion Teller Plan is a system dieters can really live with. **Home** - Dr. Lisa Young, PhD, RDN

Dr. Young lectures on a wide variety of nutrition and health topics, including portion control, heart health, wellness, and current issues and controversies in the nutrition field. [Read more](#) [Counseling](#)

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[The Portion Teller Book Review - Simple Nourished Living](#)

The Portion Teller by Lisa Young is a realistic weight loss plan focusing on portion sizes. Perfect for Weight Watchers suffering from portion distortion Perfect for Weight Watchers suffering from portion distortion

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The portion teller diet is a meal plan that controls the size of one's meals. Many feel that is it not what you eat, but how much you eat. Thus, one could easily have donuts in the morning and cake at night if taken in the right portion. [The Portion Teller Plan: The No Diet Reality Guide to ...](#)

The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently [Lisa R. Young] on Amazon.com. "FREE" shipping on qualifying offers. The Portion Teller Plan is a sensible eating guide and the end of diet deprivation. No forbidden foods

The Portion Teller: Smartsize Your Way to Permanent Weight ...

The Portion Teller will teach you how to understand portion sizes so that you can lose weight A baseball of cereal, a golf ball of jelly beans, eight dice of cheese, a yoyo-sized bagel, a computer mouse-sized potato, a deck of cards-sized steak, a tennis ball of pretzels

5-Day Menu Plan with Perfect Portions - Skinny Ms.

Portion control is a must-have part of losing weight and keeping it off. Here's a 5-day menu plan with perfect portions.

14 Portion Control Tips to Lose Weight Fast - Health

"Portion control doesn't mean you have to eat tiny portions of everything," says Lisa Young, PhD, RD, author of The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing

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