



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

By Carrie Latt Wyatt, Elizabeth Miles

Atria Books, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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...



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