



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

By Carrie Latt Wiatt

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Portion Savvy: The 30-Day Smart Plan for Eating Well By Carrie Latt Wiatt

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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Editorial Review

From Library Journal

Dieting with Wiatt, who has a nationally syndicated TV show this fall.

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Review

BookPage Portion Savvy is "a delight."

Health magazine Offers tips you'll use for years...sets out tasty meal plans keyed to your energy needs.

American-Statesman (Austin, TX) Includes many kitchen strategies, like freezing baked goods so you don't overindulge.

Your Health magazine [The] recipes...make it easy to whip up delicious guilt-free dishes.

From the Back Cover

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