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Eating, Cheating, And Losing Weight Permanently By
Lisa R. Young**

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Rather than focus on deprivation or cutting out entire food groups, the Portion Teller Plan advocates eating more fresh fruits and vegetables.

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Lisa r young (author of portion teller plan)

Lisa R Young is the author of Portion Teller Plan (3.00 avg rating, 1 rating, 0 reviews, published 2012) register; tour; Lisa R Young s Followers. None yet.

Portion control - youtube

Oct 14, 2013 In this video I discuss guidelines and various methods of portion control.

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

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author of the book The Portion Teller Plan: The No Diet Reality Guide to Eating, Cheating, and Losing Weight Permanently _____ Lisa Young R.D.

Fast-food portions keep getting bigger - health -

By Lisa R. Young, Ph.D, R.D. msnbc.com R.D. author of "The Portion Teller Plan: The No-Diet Reality Guide to Eating, Cheating, and Losing Weight permanently"

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