



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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Users Review

From reader reviews:

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Robert Victor:

The reason? Because this Portion Savvy: The 30-Day Smart Plan for Eating Well is an unordinary book that the inside of the publication waiting for you to snap that but latter it will surprise you with the secret that inside. Reading this book next to it was fantastic author who have write the book in such remarkable way makes the content interior easier to understand, entertaining method but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book possess such as help improving your expertise and your critical thinking method. So , still want to hold up having that book? If I have been you I will go to the publication store hurriedly.

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