

# The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!




























with Roberta Mittman



## PORTION CONTROL

CHEAT SHEET

Prevention.

	FOOD	SERVING SIZE	SERVINGS
GRAINS	 whole grain bagel	 hockey puck	<b>5</b> PER DAY
	  brown rice    whole wheat pasta	 1/2 tennis ball	
VEGGIES	  carrots    broccoli	 tennis ball	<b>3</b> PER DAY
	   grapes    apple    juice	 tennis ball	
FRUITS	 dried fruit	 golf ball	<b>2</b> PER DAY
	 mozzarella cheese	 golf ball	
DAIRY	 cheddar cheese	 4 dice	<b>3</b> PER DAY
	   chicken    burger    salmon	 deck of cards	
MEAT & PROTEIN	  peanut butter    nuts	 shot glass	<b>4</b> PER DAY
	 extra virgin olive oil	 thumb tip	