

## Practice PORTION Control

### FOOD GROUP

- Whole or chopped fruit:
- Raw, cooked, frozen, canned fruits or vegetables
- 100% fruit or vegetable juice:
- Canned or frozen legumes (beans and peas):
- Raw, leafy vegetables:
- Lean meat, about the size of a deck of cards:
- Cheese (four cheese dices):
- Pasta or rice:
- Bread :
- Dry beans, nuts
- Milk or Yogurt



### SERVING SIZE

- Tennis ball size
- ½ cup or tuna canned size
- ¾ cup (6 oz.)
- ½ cup
- 1 cup or fist size
- 5.5 oz or a deck of card
- 1oz or size of your thumb
- ½ cup
- 1 slice
- Egg size
- Tuna Can

Lose Weight the Healthy Way

[www.beyondweightnow.com](http://www.beyondweightnow.com) • [www.suzycarroll.com](http://www.suzycarroll.com)

## LOSE WEIGHT NOW - [www.beyondweightnow.com](http://www.beyondweightnow.com)



**"This was by far the best eating healthy/fit lifestyle course I have ever taken!** And there have been many! Suzy is a wealth of information and the class and eating habit changes she teaches have helped me easily make huge changes in my eating habits. I always feel satisfied and my cravings have totally disappeared — which has been a lifelong challenge for me!

- Linda

### Now offered via tele-seminar sessions.

- Convenient - dial in from the nearest phone.
- Easy to fit into your schedule • Private • *No excuses!*

### **BeyondWeight is not a diet.**

**It's a "lifestyle plan".**

The problem with diets, is they end. The problem with losing weight, is that weight can be found again.

The BeyondWeightNow program is 8 weeks of support and education, and an easy-to-follow, easy-to-fit in your life eating plan.

### **Will I lose weight during the eight weeks? Absolutely!**

Participants who committed to following this program have lost anywhere from 5 to 18 pounds.

### **Will I have only certain foods that I can eat? No way!**

Although the focus is on eating foods that will balance blood sugar, increase energy and have a high nutrient value, the food choices are vast. You'll be able to maintain social activities and adapt this eating plan to feed your entire family!

### **How does it work?**

4 one-hour sessions, every other week, progressively provide you with the knowledge you need to succeed and lose your weight, once and for all!

Between each session, you will have simple success steps to keep you on task and moving toward your goal.

### **Will this program be time consuming? NO!**

BeyondWeightNow is designed for busy people. The 4 one-hour sessions are easy to follow and not overwhelming. You can dial into the tele-seminars from home, from the office, or even while driving. Convenient, easy, proven!

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