

# Tired of Counting Calories? Discover a Faster, Easier Way to Portion Control & Healthy Eating!

Download *Practical Portion Control for Health Minded Moms* to eliminate calorie counting and make planning healthy meals fast, easy, and stress-free.

CTA button text: Download My FREE Guide now!

## Counting Calories Takes Too much Time

You know eating healthy meals means better health and a longer life for you and your family.

But things get in the way.

You've got to get the kids off to school, do the grocery shopping, work, and a to-do list that goes on for miles.

So, you make compromises. Mac and cheese for dinner when things are too crazy to plan something better. A quick burger at a fast-food joint on your way to soccer practice.

Then all the TV commercials tempt both you and your kids.

"Well, this is just a treat," you think.

Next thing you know, another week has gone by.

And that food scale you bought collects more dust.

You want to eat healthier foods, but who has time to count calories?

The scales, the measuring, and the math...it's all too much!

There MUST be a simpler way. Something easier. Something that takes almost no time.

And there is. Best of all? It's FREE.

Introducing...*Practical Portion Control for Busy Moms*

# Give Yourself a Break: *Practical Portion Control for Busy Moms*

CTA button text: Download My FREE Guide Now!

## A Practical Method for Portion Control that Makes Healthy Eating Easy & Fast!

***Practical Portion Control for Busy Moms*** will cut through the myths and half-truths of calorie counting. This simple method for controlling your portion sizes will make healthy eating quick and easy for your family.

You'll discover:

- What hidden secret makes accurate calorie counting impossible.
- The severe flaw in the "scientifically accepted" decades-old calorie counting formula.
- The simple thing you do to food every day that makes calorie counting a moving target
- Why "eyeballing" portion sizes doesn't work.
- The secret to controlling portion sizes, anytime, anywhere...with nothing to carry with you.

## What Else Is Inside the Practical Portion Control Guide for Busy Moms?

In addition to blowing the lid off old healthy eating "truisms," this guide will give you a simple roadmap to make your own portion control journey simple and easy. You'll also discover:

- How to build a healthier plate anywhere, anytime.
- Simple portions tips for women or men.
- Parental control if you're active or nursing.
- Simple strategies for weight loss.
- Portion control for building muscle.

These simple portion control tips were developed by successful health coach Brian McMahon, who has helped over 45,000 people lose over 900,000 pounds. His methods will work for YOU too!

## Download **The Practical Portion Control Guide for Busy Moms** for FREE right now.

CTA button text: Download My FREE Guide Now!