

Portion Perfection



"All the theory in the world won't change anything as much as practical ideas that work. Amanda Clark's simple guides make healthy eating for weight control much easier."

Dr. Rosemary Stanton
OAM, nutritionist

The Dietitian's Visual Approach to Weight Control

Portion Perfection is a balanced, low GI, portion controlled eating plan. Based on sound portion control research and over 20 years' clinical experience and presented in a simple pictorial format, Portion Perfection is perfect for all comprehension levels and easy to remember.

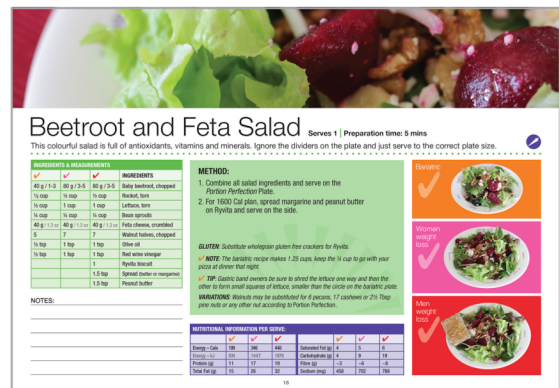
Portion Perfection is suitable for men, women and school-aged children. There are calorie guides for 1300 Cal (5460kJ), 1600 Cal (6720kJ), 1800 Cal (7560kJ) and 2200 Cal (9240kJ) intakes or the plan can be customised by a professional.

Portion Perfection comes in an International and an Australian edition and identifies suitable portions of everyday supermarket foods so readers can see the foods they are familiar with.

Portion Perfection kits include the pictorial book, a portion plate and portion bowl along with the 4 Week Weight Loss Menu Plan and Healthy Snack Bible. Plates are manufactured in melamine and porcelain. Wholesale pricing is available for practitioners – see overleaf.

The *4 Week Weight Loss Menu Plan* is the latest addition to the Portion Perfection offerings. This comprehensive, one-of-a-kind 4 week menu plan works for the whole family. Inside, you'll find nutritionally balanced menu plan versions that suit men, women and children following the Portion Perfection plan along with all the recipes required to bring the plan to life. Each recipe has accurate portion pictures to clearly define the appropriate serving.

Download our patient education pages directly from our website on the "About Portion Perfection" tab. Join our affiliate program if you would like to sell the product without holding stock.



A sample page from the 4 Week Weight Loss Menu Plan

What People Say about Portion Perfection

"What a great idea. I wasn't sure what to expect. When I looked at the plate and saw the portions I was blown away, boy do I serve my families meals wrong. We tried my plate last night, it was a real shock but a great learning tool. I will really try to use this on a daily basis."

★★★★★

"I recently started a diet, and purchased several books (i.e., a calorie and carb counter, and a specific diet book). After receiving the portion package, everything I have ever purchased on diets has become redundant. The plate and bowl were so easy to use, and take the guesswork out of what size serving you should have. The book was the easiest I have ever seen, the information fantastic. No need to have any other reference source. Congratulations to the person who came up with the ideas and many thanks from me personally. I would and have recommended this to all who have weight to lose."

★★★★★



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www.PortionDiet.com INTERNATIONAL



www.GreatIdeas.net.au AUSTRALIA/NZ

WHOLESALE PRICE LIST - PORTION PERFECTION

PRODUCT		RETAIL PRICE	PRACTITIONER PRICE	LEVEL 1 DISCOUNT	LEVEL 2 DISCOUNT	LEVEL 3 DISCOUNT
PORTION PERFECTION BOOK		\$42.95	\$36.50	20 Books \$601.00 (\$30.05 ea)	60 Books \$1,752.00 (\$29.20 ea)	120 Books \$3,348.00 (\$27.90 ea)
4 WEEK WEIGHT LOSS MENU PLAN		\$42.95	\$36.50	20 Books \$601.00 (\$30.05 ea)	60 Books \$1,752.00 (\$29.20 ea)	120 Books \$3,348.00 (\$27.90 ea)
HEALTHY SNACK BIBLE		\$9.95	\$8.45	20 Books \$139.00 (\$6.95 ea)	60 Books \$405.00 (\$6.75 ea)	100 Books \$645.00 (\$6.45 ea)
FREE VEGETABLES COOKBOOK		\$11.95	\$10.15	20 Books \$167.00 (\$8.35 ea)	60 Books \$489.00 (\$8.15 ea)	100 Books \$775.00 (\$7.75 ea)
PORTION PERFECTION PLATE	Porcelain	\$27.95	\$23.75	20 Plates \$391.00 (\$19.55 ea)	60 Plates \$1,140.00 (\$19.00 ea)	120 Plates \$2,178.00 (\$18.15 ea)
	Melamine	\$19.95	\$16.95	20 Plates \$279.00 (\$13.95 ea)	60 Plates \$813.00 (\$13.55 ea)	120 Plates \$1,554.00 (\$12.95 ea)
PORTION PERFECTION BOWL	Porcelain	\$16.95	\$14.40	20 Bowls \$237.00 (\$11.85 ea)	60 Bowls \$693.00 (\$11.55 ea)	120 Bowls \$1,320.00 (\$11.00 ea)
	Melamine	\$10.95	\$9.30	20 Bowls \$153.00 (\$7.65 ea)	60 Bowls \$447.00 (\$7.45 ea)	120 Bowls \$852.00 (\$7.10 ea)
PORTI-PREPPER		\$12.95	\$11.00	36 PREPPERS \$325.80 (\$9.05 ea)	72 PREPPERS \$633.60 (\$8.80 ea)	144 PREPPERS \$1,209.60 (\$8.40 ea)
SNACKER		\$24.95	\$21.20			
HYPNOTHERAPY MP3 PLAYER		\$38.95	\$33.10	20 PLAYERS \$545.00 (\$27.25 ea)	60 PLAYERS \$1,590.00 (\$26.50 ea)	120 PLAYERS \$3,036.00 (\$25.30 ea)
LABEL READING MAGNIFIER		\$0.75	\$0.60	20 CARDS \$10.40 (\$0.52 ea)	60 CARDS \$30.60 (\$0.51 ea)	120 CARDS \$57.60 (\$0.48 ea)
PORTION PERFECTION PACK (Portion Book, Snack Bible, Plate & Bowl)	Porcelain	\$97.80	\$83.15	20 Packs \$1,369.00 (\$68.45 ea)	60 Packs \$3,990.00 (\$66.50 ea)	120 Packs \$7,626.00 (\$63.55 ea)
	Melamine	\$83.80	\$71.25	20 Packs \$1,173.00 (\$58.65 ea)	60 Packs \$3,420.00 (\$57.00 ea)	120 Packs \$6,534.00 (\$54.45 ea)
SET OF TWO (2) WINE GLASSES		\$19.95	\$16.95	24 SETS \$334.80 (\$13.95 ea)	60 SETS \$813.00 (\$13.55 ea)	120 SETS \$1,554.00 (\$12.95 ea)
KIT-N-KARRY		\$95.00	\$80.75	24 KITS \$1,596.00 (\$66.50 ea)	64 KITS \$4,134.40 (\$64.60 ea)	120 KITS \$7,410.00 (\$61.75 ea)
RAMEKIN SET		\$34.95	\$29.70	24 SETS \$586.80 (\$24.45 ea)	60 SETS \$1,425.00 (\$23.75 ea)	120 SETS \$2,724.00 (\$22.70 ea)

\$17.95 postage applies to bulk orders under \$500 within Australia (2023 postage rates).

FREE POSTAGE FOR ORDERS OVER \$500 (within Australia).

(Orders outside Australia will be quoted individually).

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