

NEW!

PORTIONS MASTER

Your Goal Weight
125lbs / 57kg

6 27843 24000 6

Looking great starts with your plate



Skinnyplate Easily create healthy meals and portion sizes

Sometimes the simplest ideas are the best. Trying to lose weight with prepackaged foods, dubious pills, awful diet drinks or endless meetings, is not easily - especially long term. Skinny plate makes losing weight VERY simple... as simple as 1, 2, 3! At meal time simply fill each section of the Skinny plate with your favorite foods.. (one section with protein, one with carbohydrates and one with vegetables). Since you are using Skinny Plate, you can work towards your weight goals. Eat WITH your family.. (no more making separate meals)... and when you go out to eat - simply take the Skinny plate along. It's simple - but it works!

Eat what you want... Getting thin is as easy as 1, 2, 3



1 Fill the Plate



2 Remove the Plate



3 Enjoy



125lbs/57kg



155lbs/70kg



185lbs/84kg



215lbs/97kg



245lbs/111kg



275lbs/125kg



*This product is not intended to diagnose, treat, cure or prevent any disease.



PORTIONSMASTER.com

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Dishwasher Safe & BPA Free