

The image displays several educational materials for weight management. On the left is a book titled 'portion perfect' by Amanda Clark, ADI MSc, with a yellow starburst indicating 'AUSTRALIAN DIETITIANS'. In the center is a white plate with a diagram of a food pyramid. The pyramid is divided into four quadrants: 'PROTEIN FOODS' (top, with chicken, fish, and eggs), 'LOW GI CARBS' (bottom, with corn, bread, and rice), 'LOW FAT & SLOW FAT & SAUCE' (left, with olive oil, vinegar, and lemon juice), and 'ZALAD - ON FREE VEG' (right, with lettuce, tomato, and cucumber). The pyramid is also labeled with 'portion perfection' at the top, 'PRESENTATION' on the right, 'VARIETY' on the left, 'TEXTURES' at the bottom, and 'FLAVOURS' on the far left. To the right of the plate is a white bowl with a similar food pyramid diagram. On the far right is a menu plan titled 'Week Weight Loss Menu Plan' with a green header and a list of meals for each day of the week.

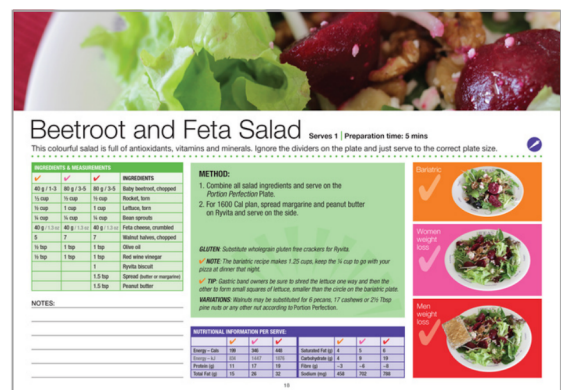
Dr. Rosemary Stanton
OAM, nutritionist

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 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.

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 "For Professionals" 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."

★★★★★

★★★★★



+61 7 5536 6400



www.PortionDiet.com



www.GreatIdeas.net.au





US WHOLESALE PRICE LIST

PORTION PERFECTION

PRODUCT	RETAIL PRICE	PRACTITIONER PRICE	LEVEL 1 DISCOUNT	LEVEL 2 DISCOUNT	LEVEL 3 DISCOUNT
PORTION PERFECTION BOOK	\$29.95	\$25.45	20 Books \$419.40 (\$20.97 ea)	60 Books \$1,222.20 (\$20.37 ea)	120 Books \$2,337.60 (\$19.48 ea)
4 WEEK WEIGHT LOSS MENU PLAN	\$29.95	\$25.45	20 Books \$419.40 (\$20.97 ea)	60 Books \$1,222.20 (\$20.37 ea)	120 Books \$2,337.60 (\$19.48 ea)
FREE VEGETABLES COOKBOOK	\$7.95	\$6.75	20 Books \$111.40 (\$5.57 ea)	60 Books \$324.60 (\$5.41 ea)	100 Books \$517.00 (\$5.17 ea)
PORTION PERFECTION PLATE - MELAMINE (English or Spanish)	\$14.95	\$12.75	20 Plates \$209.40 (\$10.47 ea)	60 Plates \$610.20 (\$10.17 ea)	120 Plates \$1,166.40 (\$9.72 ea)
PORTION PERFECTION PLATE - PORCELAIN, SET 2 (English only)	\$41.90	\$35.65	24 Sets of 2 Plates \$703.92 (\$29.33 ea)	60 Sets of 2 Plates \$1,709.40 (\$28.49 ea)	120 Sets of 2 Plates \$3,268.80 (\$27.24 ea)
PORTION PERFECTION BOWL - MELAMINE	\$12.95	\$11.00	20 Bowls \$181.20 (\$9.06 ea)	60 Bowls \$528.60 (\$8.81 ea)	120 Bowls \$1,010.40 (\$8.42 ea)
PORTION PERFECTION BOWL - PORCELAIN, SET 2	\$26.90	\$22.85	24 Sets of 2 Bowls \$451.92 (\$18.83 ea)	60 Sets of 2 Bowls \$1,097.40 (\$18.29 ea)	120 Sets of 2 Bowls \$2,098.80 (\$17.49 ea)
PORTI-PREPPER SET OF 3	\$35.95	\$30.55	24 Sets of 3 PREPPERS \$603.84 (\$25.16 ea)	60 Sets of 3 PREPPERS \$1,467.00 (\$24.46 ea)	120 Sets of 3 PREPPERS \$2,804.40 (\$23.37 ea)
SNACKER	\$17.95	\$15.25	36 SNACKERS \$452.52 (\$12.57 ea)	72 SNACKERS \$879.12 (\$12.21 ea)	108 SNACKERS \$1,260.36 (\$11.67 ea)
PORTION PERFECTION PACK MELAMINE RRP \$87.80 (Portion Book, Menu Plan, Plate & Bowl)	\$79.00	\$74.65	20 Packs \$1,229.20 (\$61.46 ea)	60 Packs \$3,582.00 (\$59.70 ea)	120 Packs \$6,848.40 (\$57.07 ea)
PORTION PERFECTION PACK PORCELAIN RRP \$128.70 (Portion Book, Menu Plan, 2 Plates & 2 Bowls)	\$115.85	\$109.40	20 Packs \$1,801.80 (\$90.09 ea)	60 Packs \$5,251.20 (\$87.52 ea)	120 Packs \$10,038.00 (\$83.65 ea)
WINE GLASSES SET OF 2	\$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)

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