



RUBENSTEIN
PUBLIC RELATIONS, INC.

YAHOO! LIFESTYLE

April 9, 2018

Eat Your Way to a Bikini Body With These Foods

How do you lose weight? Don't Google it; this is part of the problem. People trying to shed the extra pounds are getting [so much information thrown at them](#), and that leads to them to getting overwhelmed.



Slideshow: [Eat Your Way to a Bikini Body](#)

When it comes to weight loss, one's [diet is the No. 1 thing that will affect](#) both the scale and physical appearance, Andrea Marcellus, fitness expert and founder and CEO of [and/life](#), says.

Exercise is, of course, important for your heart health and for [maintaining muscle tone](#) and [improving your posture](#). "But it's not uncommon for people who work out all the time to fail to see the results they want," Marcellus adds. "When that happens the first thing you need to look at is your food strategy."

Your food strategy cannot be based on an all-or-none approach, Dr. Daryl Gioffre, celebrity nutritionist and author of [GET OFF YOUR ACID](#). It never works because it's deprivation. "It's not about winning the battle; it's about winning the war."

One of the rules Marcellus teaches her clients is to "Live the Rule of Awesome." This means only indulging in something that's really, [really, super-duper amazing](#). "So if you're out at a restaurant that has the most amazing fettuccine - go ahead and order it!" she adds.

The trick is to eat just until you feel "satisfied," which is a couple bites before "full." But if you're thinking about stopping at a [fast-food place for quick snack](#) - pass, she adds. "There's no way that burger is going to be the most awesome thing in your day."

<https://www.yahoo.com/lifestyle/eat-way-bikini-body-foods-191701250.html>