Ashy Bines: Tips for Losing Weight

Ashy Bines has helped countless women lose weight, get more toned, and live a healthier lifestyle with the Ashy Bines Bikini Body Contest (ABBBC). The ABBBC combines the Ashy Bines Clean Eating Guideline Plan with fun-filled exercises such as boxing, circuit training, kickboxing, and strength training to help girls and women lose weight and achieve the bodies they desire in as little as 12 weeks. Here are elements you can adjust in your diet to help you lose weight.  
  
Add fiber–Fiber helps you feel fuller longer, so adding fiber to your favorite foods reduces your cravings. You can use whole wheat flour to make pizza dough, and you can use oats to make your favorite granola bars.  
  
Indulge a little–When you are watching what you eat, it is important to allow yourself a treat every now and then, as long as the treats are not consumed too frequently. Denying yourself completely of sweets can lead to an episode of binge eating.  
  
Lighten foods you love–One way to lighten the load is to eat lower-calorie and lower-fat versions of the foods you love. When eating cheese, use a lower-calorie or reduced-fat variety. The same is true for any dairy products, including milk, yogurt, and ice cream.