

Breaking Your Fat Girl Habits: weight loss mistakes even healthy chicks make!

Metabolism Boosting Foods

1. Cocoa
2. Water
3. Blueberries
4. Flax
5. Sweet potato
6. Avocado
7. Tomato
8. Yogurt
9. Cinnamon
10. Garlic
11. Beans
12. Almonds
13. Apples
14. Egg whites/Beaters
15. Soybean
16. Lemon
17. Ginger
18. Brussel sprouts
19. Spinach
20. Olive oil
21. Oats
22. Fish
23. Cottage cheese
24. Chick peas
25. Lima beans

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