



HHHA FUN FOOD FACTS

FAT BURNING FOODS

Metabolism boosting foods! (Vegetarian)



Egg Whites



Salad



Garlic



Corn Flakes



Rucola



Pumpkins



Kiwi



Lemon



Nuts



Onion



Soy



Tea



Strawberry



Wheat



Apple



Almonds



Apples



Asparagus



Beans



Berries



Broccoli



Cabbage



Carrots



Celery



Cucumber



Curry



Eggs



Garlic



Grapefruit



Lemons



Limes



Oats



Oranges



Peanut Butter



Spicy Peppers



Spinach



Tomatoes



Yogurt

Chinese Herbs for Weight Loss!



Ginseng Herb



Pu-erh Herb



Kelp Seaweed Herb



草本植物

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