

These Foods Get Your Metabolism Burnin' HOT!

PROTEIN

(4 CALORIES PER GRAM)

EGG WHITES
COCONUT MILK
ALMOND MILK
TURKEY (SLICED)
LEAN GROUND TURKEY
SALMON
HALIBUT
ORANGE ROUGHY
SWORDFISH
TUNA
SHRIMP
CHICKEN (BONELESS/SKINLESS)
BUFFALO/BISON

CARBOHYDRATES

(4 CALORIES PER GRAM)

WILD RICE
SWEET POTATOES
BAKED POTATOES
STEEL CUT OATS
QUINOA
WILD RICE
BANANAS
APPLES
GRAPEFRUIT
PEACHES
STRAWBERRIES
BLUEBERRIES
RASPBERRIES

FATS

(9 CALORIES PER GRAM)

CANOLA OIL
EXTRA VIRGIN OLIVE OIL
FLAXSEED OIL
NATURAL PEANUT BUTTER
WALNUTS
PECANS
ALMONDS
PINE NUTS
WATER CHESTNUTS
PISTACHIOS

VEGETABLES

(CALORIES VARIABLE BASED ON FIBER)

BROCCOLI
ZUCCHINI
KALE
TOMATO
BELL PEPPERS
ASPARAGUS
SPINACH
CELERY
CUCUMBER
RADISHES

