

101 Fat Burning Foods

Berries	Greens	Onions	Vegetables	Pumpkins
___ Blackberries	___ Beet Greens	___ Chives	___ Artichokes	___ Pumpkins
___ Blueberries	___ Cabbage	___ Onions	___ Broccoli	___ Squash
___ Cranberries	___ Kale	___ Shallots	___ Cauliflower	___ Mussels
___ Raspberries	___ Spinach	Legumes	___ Corn	___ Pork
Fruits	Herbs	___ Kidney Beans	___ Eggplant	___ Sardines
___ Apples	___ Bitter Orange	___ Navy Beans	___ Kohlrabi	___ Turkey
___ Cherries	___ Flax Seed	Root Vegetables	___ Peas	___ Tuna
___ Plums	___ Parsley Leaves	___ Beets	___ Tomato	Everything Else
___ Lemons	Peppers	___ Parsnips	Meat & Seafood	___ Olive Oil
___ Mangos	Cayenne	___ Rutabagas	___ Catfish	___ Green Tea
___ Oranges	Jalapeno	___ Turnips	___ Clams	___ Oatmeal
___ Papaya		Melons	___ Flounder	
___ Peaches		___ Watermelon		

The best way to incorporate fat burning foods into your diet is to substitute them for your normal fattening foods. For example, instead of a candy bar, you could have an apple, a spinach salad, or even a bowl of oatmeal. Generally you can eat the foods on this list without worrying about calorie counting or any nonsense like that.

This is only a partial list. If you are ready to take the next step in your weight loss journey, be sure to visit 101FatBurningFoods.com and download the complete printable shopping list of [fat burning foods](#).