

FOODS FOR YOUR WAISTLINE

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Kale - rich in fiber, low calorie, detoxifies with ITCs



Cucumbers - low calories and high water content



Spinach - superfood, high fiber, detoxifies



Almonds - rich in fiber, lessen food cravings



Lemons - detoxifies and improves digestion



Blueberries - high in antioxidants and cuts belly fat



Celery - low calorie, high water content, high fiber



Parsley - cleanses liver and detoxifies

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