Foods for Your Waistline

- **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
- **Celery** - low calorie, high water content, high fiber
- **Lemons** - detoxifies and improves digestion
- **Parsley** - cleanses liver and detoxifies
- **Blueberries** - high in antioxidants and cuts belly fat