Metabolism boosting foods! (Vegetarian)

- 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