

# 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**

