

Weight loss foods

- Quinoa
- Green tea
- Nuts
- Kale (dark leafy greens)
- Chia seeds
- Whole grains
- Avocado
- Broccoli
- Chickpeas
- Olive oil
- Tofu, tempeh, edamame
- Apple cider vinegar
- Berries
- Ginger and Turmeric
- Yogurt